Topped with chimichurri

Ditch the BBQ sauce and top your sizzling sirloin with Argentinian chimichurri instead PAGE 20

BETTER TOGETHER?

- Meaghan Benfeito of Montreal and Roseline Filion of Laval, Que., won a synchronized diving bronze medal in London. Now they'll go at it alone as the 10-metre platform competition gets underway at 11 a.m. on OLN
- All-American girls: No matter what, the women's beach volleyball gold medal will go to the U.S. Find out what else you can't miss today PAGE 26

VANCOUVER metro®

Wednesday, August 8, 2012

News worth sharing.

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Simon's sad swan song

Olympic Heartbreak. Crash ruins what is likely the Victoria triathlete's last Games

Simon Whitfield intended to throw a final haymaker in his fourth Olympic triathlon. He didn't get beyond cocking his fist.

Within seconds of getting onto his bike, the 37-year-old crashed spectacularly in a freak accident Tuesday at the London Games and couldn't continue.

Whitfield watched Britain's Alistair Brownlee win gold from the medical tent while he received stitches in his toe and treatment for other assorted hurts.

The Olympic champion of 2000 and silver medallist of 2008 may have been a medal long shot in London, but he'd invested heavily in one last go at the podium.

Whitfield's chin dropped to his chest while speaking of the time away from wife, Jennie, and their two young daughters, Pippa Katherine and Evelyn.

When he met with his family under the grandstand, he said five-year-old Pippa Katherine had a bouquet of maple leaves for him.

Quoted

"It was hard to see my daughter upset, my wife upset, and I was pretty upset."

Canadian triathlete Simon Whitfield

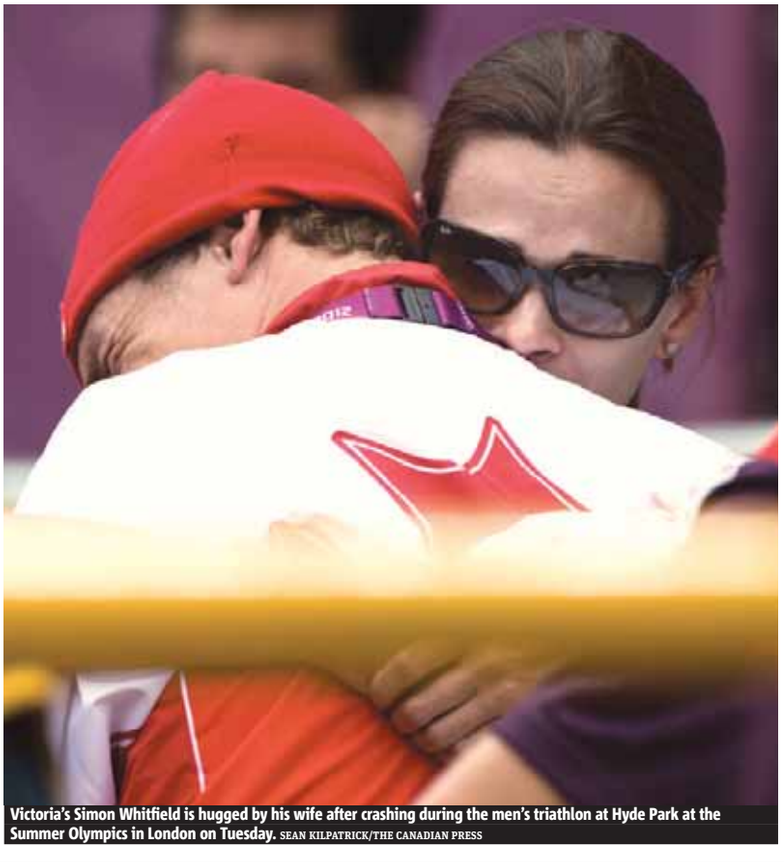
"My breakdown moment was seeing my wife because I know how much Jennie puts into this and we're a team and she's put in so much sacrifice being at home a lot alone," Whitfield said.

Announcers said prior to the race they expected 200,000 people to line the scenic Hyde Park course and spectators were 50 deep in some areas.

Whitfield came out of the 1.5-kilometre swim in the Serpentine in 15th. He was in contact with the lead group and left the transition area 31 seconds off the lead. Whitfield hadn't even got his bare feet into his shoes when he lost control of his bike coming off a speed bump.

"I hit the speed bump just as I went to put my shoe on, I think," Whitfield said. "I'm not quite sure what happened. I hit the speed bump on a funny angle and ended up crowd surfing, which is good for concerts and not so good for sport events."

THE CANADIAN PRESS



Victoria's Simon Whitfield is hugged by his wife after crashing during the men's triathlon at Hyde Park at the Summer Olympics in London on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

PM and the pipeline's fate

Stephen Harper says science, not politics, will ultimately decide the project's future PAGE 3

All eyes on paragliders

Questions are raised about new methods of launching terror attacks and the intention of two men arrested in Spain PAGE 8

Action movie franchise is re-Bourne

Jeremy Renner takes over the lead from Matt Damon in the series' fourth instalment, The Bourne Legacy. But it's not the character's first big change PAGE 13

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90 seconds to $20K? Surrey entrepreneur seeks startup money on TV's The Pitch

A Surrey entrepreneur tried Tuesday to win over a panel of business tycoons and venture capitalists on a new Dragon's Den-style show called The Pitch.

Kassandra Linklater got 90 seconds to try and convince the distinguished judges to fork over $20,000 in seed money for University Confidential, a website designed to replace traditional university fairs.

"We aim to be Canada's top resource for helping high school students transition to university," she told Metro via phone from Toronto during a break from filming.

"Students can come to our website and check out universities in specific regions or across the country, and they can speak to advisors, they can take a virtual tour of the school, they can download the u-books, they can ask questions."

In the episode, which airs Friday at 5:30 p.m. PT on the Business News Network, the panellists will either give her a green light — literally — or send her back to the drawing board.

The show is hosted by former Globe and Mail investment reporter and editor and Dublin native Andrew Bell.

KATE WEBB/METRO

Kwantlen political science grad Kassandra Linklater is trying to link up now — with some investors' cash.
COURTESY OF LAURA STAVRO-BEAUCHAMP

Prime Minister Stephen Harper takes reporters' questions on the proposed Northern Gateway pipeline while appearing at Shaughnessy Elementary School in Vancouver. KATE WEBB/METRO

Science, not politics, to decide pipeline's fate: PM

Addressing concerns. Survey shows almost three in five British Columbians oppose the proposed Northern Gateway project

KATE WEBB
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Prime Minister Stephen Harper tried to allay British Columbians' fears Tuesday about his government's ambition to see the controversial Northern Gateway pipeline go through, saying science, not politics, will ultimately decide its fate.

He made the comments at Shaughnessy Elementary School in Vancouver after dodging reporters' questions Monday in Surrey.

Almost three in five British Columbians oppose Enbridge's proposed Northern Gateway pipeline, according to a survey by Angus Reid revealed last Wednesday.

"I have been very clear that decisions on these kinds of projects are made through an independent evaluation conducted by scientists into the economic costs and risks that are associated with the project," he said.

"Our government also, as I said, is and will be making further investments to ensure that we are able to provide surveillance and mitigate any environmental risks that exist, and I think that's the only way that governments can handle a controversial project of this manner to ensure that things are evaluated on an independent basis, scientifically, and not simply on political criteria."

He revealed he has spoken to Premier Christy Clark since she outlined five criteria that must be met before she will support the bitumen pipeline that would run from Alberta to the B.C. coast. They include world-class marine-oil-spill response, prevention and recovery systems, more robust engagement with First Nations, and that B.C. get an unspecified but higher "fair share" of the fiscal and economic benefits.

"I'm not going to, obviously, share with you any private conversations I've had with any premier,, and I have discussed this with the premier of British Columbia and other premiers," Harper said.

"Let me just say this, though: I'm not going to get into an argument or a discussion about how we divide hypothetical revenues."

He repeated his belief that the pipeline is in the vital interests of Canada, and of B.C., as "Canada's Pacific Gateway." WITH FILES FROM JEFF HODSON

Follow Kate Webb on Twitter @MetroK8

Mobile news

More than a thousand volunteers turned themselves into human dominoes and toppled into the record books. Scan the code to watch the bizarre event.

Heaven above ... and a little white whale on the go

The Vancouver Aquarium's oldest beluga, Kavna, died Monday afternoon. The 46-year-old whale was the inspiration behind the hit Baby Beluga by Canadian singer-songwriter Raffi. PHOTO COURTESY OF VANCOUVER AQUARIUM

Kavna. Baby Beluga inspiration likely died of cancer, vet says

PHYLICIA TORREVILLAS
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Kavna, the inspiration behind Raffi's mega-hit children's song Baby Beluga, most likely died of cancer associated with old age.

The 46-year-old whale, the oldest captive beluga in North America, arrived at the Vancouver Aquarium in 1976 from Churchill, Man.

Aquarium veterinarian Dr. Martin Haulena said preliminary results indicate Kavna, who died Monday, had lesions consistent with cancer on her reproductive tract and further tests will be conducted over the next few months.

In the last four to six weeks, Haulena said, Kavna displayed inconsistent behaviour, including erratic appetite. Blood and ultrasound tests showed that Kavna had hormonal dysfunction and a dilated reproductive tract that accumulated excess fluid and debris. Haulena credited Kavna's long life to luck, good genes and advances in preventative and geriatric medicine.

Canadian singer-songwriter Raffi expressed his grief through Twitter and surprised many by revealing that Kavna inspired him to pen Baby Beluga after receiving a kiss from her during a visit to the aquarium in 1979.

"I felt sad and I also felt a lot of joy for the privilege of having gotten to know her and the fact that she stirred me to write that song," Raffi said.

General manager Clint Wright estimates that 30 million visitors have met Kavna, the "matriarch" of the aquarium's beluga whales. He said the white mammal was a positive animal but would "rule the pool" during breeding season.

"She really represents the aquarium," Wright said. "She's been here so long. It's very hard to imagine an aquarium going forward where she's not part of that."

Follow Phylicia Torrevillas on Twitter @ptorrevillas

EI benefits extended to parents of critically ill kids

Parents of critically ill and injured children will be eligible for up to 35 weeks of employment-insurance benefits starting next June, Prime Minister Stephen Harper announced in Vancouver Tuesday.

That's up from the six weeks of benefits that were previously only offered to parents of terminally ill children.

Sharon Ruth, a mother from Oxford Station, Ont., near Ottawa, raised the issue with her MP eight years ago when her then-six-year-old daughter Colleen was diagnosed with Stage 4 non-Hodgkin's lymphoma. The family had to refinance their house, give up one income so Ruth and her husband could take turns staying home with Colleen, and her father, Danny, started driving a school bus to make ends meet.

"I've been fighting for this little one since she was six and everyone else, and so I'm really happy about this. It's been a long time," Ruth said after the announcement was made at Shaughnessy Elementary School. The family flew to Vancouver for the announcement.

Colleen is now in remission and turns 16 next month. While her family's financial struggles are over, Harper said the new rules will benefit an estimated 6,000 families per year.

"Experience shows us that critically ill children do better and get better when their parents are with them," he said.

Ruth credited Harper's stable majority government for finally doing what three minority governments before his couldn't.

It wasn't that the political will wasn't there, she explained, the previous governments just didn't last long enough to get her bill passed.

"This is a non-partisan issue," she said of her nearly decade-long struggle, which garnered support from all sides of the political spectrum.

"People in the NDP or the Liberals or Conservatives, they all have children. They get sick. This is a human issue. This is a social issue."

KATE WEBB/METRO

Sharon Ruth, centre, her daughter Colleen, a cancer survivor, left, and the rest of their family celebrate the news parents of critically ill children will soon be eligible for 35 weeks of EI. KATE WEBB/METRO

Victoria's CHEK

Lingerie football gets TV coverage

Victoria's CHEK Television was unveiled Tuesday as the official broadcaster of the Lingerie Football League Canada's inaugural season. CHEK will broadcast all eight regular-season games and the championship Lingerie Bowl. The games will be broadcast in high-def Saturdays at 8:30 p.m. In a statement, CHEK said it would focus on the B.C. Angels with player features and team reports. METRO

Cascade Falls

Tourist's body recovered after waterfall plunge

The body of a 50-year-old Scottish tourist has been pulled from a southern B.C. river, 10 days after he was swept over a waterfall.

RCMP Cpl. Dan Moskaluk says the man's body was located in the Kettle River, downstream from Cascade Falls, about 500 kilometres east of Vancouver. Search-and-rescue teams recovered it on Monday afternoon.

The man and a retired couple from Christina Lake, B.C., were carried over the falls as they used inflatables to float down the Kettle River with a group of seven other people.

The bodies of the 74-year-old man and his 71-year-old wife were found shortly after the July 28 incident.

As officials ended the full-scale search for the Scottish man last month they issued a warning urging caution on B.C. rivers still swollen from heavy rains in July.

THE CANADIAN PRESS

1 seriously injured

Speed blamed for crash near Golden

Speed and a lack of attention are blamed for a three-car crash that sent two people to hospital and briefly closed the Trans-Canada Highway in southeastern B.C. Police say three vehicles travelling eastbound collided Monday afternoon, about 45 kilometres west of Golden. One of the two victims remains in hospital with serious injuries.

THE CANADIAN PRESS

Murder charges

Court date coming up for New Zealander

A former New Zealand city councillor returns to a B.C. courtroom later this month to set a date as he faces trial for the first-degree murder of his wife. Peter Beckett, 55, is due before a judge in Salmon Arm on Aug. 28 and charged with the drowning death of his wife on Arrow Lake near Revelstoke, two years ago.

THE CANADIAN PRESS

Stalled negotiations

BCGEU stage 1-day walkouts

Members of the B.C. Government and Service Employees Union staged one-day walkouts at several locations around the province Tuesday. Nearly 200 workers at offices in Surrey, Kelowna, Campbell River and 100 Mile House were affected. The union says the job action is meant to pressure the provincial government to resume stalled negotiations. THE CANADIAN PRESS

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The Beat goes on in DTES

VPD. Cameras follow police on patrol for second season of television series

PHYLICIA TORREVILLAS
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A TV show that ventures into the often-gritty world of beat policing in Vancouver's most impoverished and drug-riddled neighbourhood promises to arrest your attention with its second season.

OLN's docu-series The Beat follows members of the VPD's beat enforcement team as they patrol the Downtown Eastside.

Const. Kal Dosanjh, who is entering his 13th year with the force, says the show is the real deal.

"Everything they captured was in its truest essence," he said. "The people that we speak with, the situations we deal with, how we behave and how we respond, it's all legitimate. The public gets an accurate snapshot of the work that we do down here.

"People in the public are always asking, 'Why haven't you solved the Downtown Eastside issue yet?' How are we supposed to do that?

"There are so many variables to take into consideration. It's a multi-faceted approach that has to be done in conjunction with the (three levels of government). Everybody has to work together."

Const. Andrew Penner, who has been with the unit for only two years, said building relationships with DTES residents is important when it comes to policing.

"They tell us who are the most violent drug dealers or who they're having problems with," he added.

"A lot of (the dealers) will put these addicted people into drug debt and they will assault them and hold debts over their heads. If I can go out and devote my shift to arresting that person then I've done my job. That's what I enjoy doing coming down here."

The 10-episode show airs Sundays at 6 p.m. on OLN.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Const. Kal Dosanjh, right, and Const. Andrew Penner are two of the members of the VPD's beat enforcement team being featured in the docu-series The Beat, which trails the unit as it patrols the Downtown Eastside. PHYLICIA TORREVILLAS/METRO

Skipper jumps ship to join Cirque's Quidam

Adrienn Banhegyi had been skipping for more than 20 years and wanted to take on a new challenge.

The 29-year-old Hungarian, who won three world championships and five European championships as part of the national skipping team, went from competing to entertaining children and adults with her skipping-rope act.

She is currently on tour with Cirque du soleil's Quidam in North America. The critically acclaimed production will bring eight performances to the Abbotsford Entertainment and Sports Centre from Aug. 29 to Sept. 2.

Banhegyi said it takes a village to bring Quidam to life, with approximately 250 costumes, 500 costume accessories, up to 300 pairs of shoes and 20 wigs used in the show.

She sent her video demo to Cirque's casting department in 2005 and joined her first Cirque du soleil show, Wintuk, in New York City in 2010.

"They take you on a special journey," Banhegyi said of being a Cirque performer.

Tour publicist Jessica Leboeuf said Quidam is the "most human" of the Cirque shows.

"The show is more story-driven," she said Tuesday during a media preview. "The show revolves around a little girl and her family. We meet them at the beginning of the show and they're clearly disconnected from one another.

"The little girl is bored and she's trying to find excitement in life and so a stranger comes into her life — that's the Quidam character — and he opens the door of her imaginary world. That's the journey we go to with the whole audience."

For show and ticket information, visit cirquedusoleil.com/quidam.

PHYLICIA TORREVILLAS/METRO

Online

For more local news metronews.ca

Quidam performer Adrienn Banhegyi performs a short skipping-rope act Tuesday during a media preview. Cirque du soleil's Quidam will be performing in Abbotsford from Aug. 29 to Sept. 2. PHYLICIA TORREVILLAS/METRO

Yukon

Feds lose fight to block inquest into Mountie's death

The federal government has lost an attempt to block an inquest into the drowning death of Yukon Mountie Michael Potvin.

A judge in the Yukon has rejected Ottawa's attempt to limit the scope of the inquest as part of a dispute over jurisdictional issues.

Potvin was weighed down by his service equipment and swept away in the Stewart River near Mayo when the RCMP boat he was on began to sink in July 2010.

The 26-year-old wasn't wearing a life jacket and his death prompted nationwide changes in RCMP policies.

THE CANADIAN PRESS

Skeena River

Search called off for missing man

The formal search has been called off for a 29-year-old man missing and presumed drowned in the Skeena River in Terrace.

Alvin Clayton of Greenville disappeared on Sunday after diving into the river.

Volunteers will continue to check the river and police are asking people fishing in the area to keep an eye out for Clayton's body. THE CANADIAN PRESS

Kamloops

Residents come to rescue of food bank

Generous citizens — including a nine-year-old boy and his family — have come to the rescue of the Kamloops Food Bank after it lost its supplies in a suspicious fire last Thursday.

The fire in a storage shed destroyed an estimated 6,800 kilograms of food.

However, about 700 kilos of food were donated over the weekend, allowing the food bank to put together hampers this week.

Among those pitching in were nine-year-old Christian Beatty and his family, who collected more than 400 kilos of food and $1,000.

THE CANADIAN PRESS

Kelowna

Farmer overcome, dog killed by release of toxic fumes

A Kelowna man remains in hospital, two other people were treated and one dog has died after toxic fumes seeped out at a cattle-feeding operation in a rural area northeast of Kelowna.

The incident happened just before 9 a.m. Monday as a 45-year-old man was using a tractor to move manure.

Platoon Capt. Dale Calhoun with the Kelowna Fire Department says the digging likely released a pocket of methane gas, which floated near the ground, killing the dog.

Calhoun says the man had jumped down from his tractor to help his pet and used his cellphone to call for help from family members before he was knocked unconscious by the deadly gas.

The man's mother and brother pulled him away from danger, but not before he had been exposed for as long as 15 minutes, and his family members also needed treatment.

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Miami	from $496 incl $358 base + $138 taxes & fees
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Cancun	from $540 incl $199 base + $341 taxes & fees
Puerto Rico	from $636 incl $538 base + $98 taxes & fees
New York	from $649 incl $474 base + $175 taxes & fees
Orlando	from $670 incl $527 base + $143 taxes & fees
London	from $724 incl $149 base + $575 taxes & fees
Amsterdam	from $740 incl $249 base + $491 taxes & fees
Costa Rica	from $799 incl $490 base + $309 taxes & fees
Frankfurt	from $799 incl $240 base + $559 taxes & fees
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USA

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INCLUDES downtown accom near restaurants and shopping.

San Francisco Air + 3 Nights — from $630 incl $507 base + $123 taxes & fees
INCLUDES central accom near Union Square. **UPGRADE** to 4-star accom from $38 per night. **ADD** Golden Gate bay cruise from $20.

San Diego Air + 3 Nights — from $734 incl $599 base + $135 taxes & fees
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Bali Air + 7 Nights — from $1735 incl $1259 base + $476 taxes & fees
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West Africa

Ottawa pledging millions in relief

The federal government says it will match Canadians' donations to a fund for humanitarian aid in West Africa's Sahel region, which has been rocked by famine and political unrest.

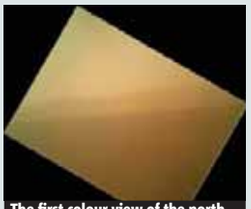
THE CANADIAN PRESS

Mars

Rover transmits first colour images

NASA's Curiosity rover has transmitted its first colour photo and a video showing 2 1/2 minutes of its dive through the Martian atmosphere, giving a sneak peek of a spacecraft landing on another world.

THE ASSOCIATED PRESS



The first colour view of the north wall and rim of Gale Crater where NASA's rover Curiosity landed on Sunday. NASA/THE ASSOCIATED PRESS

Germany

Civilian accused of stealing data

A 60-year-old civilian who worked at NATO's air command headquarters in Germany has been charged with stealing secret data. The employee is alleged to have obtained the data and transferred it to his computer. THE ASSOCIATED PRESS

Arizona

Shooting suspect pleads guilty

The suspect in a mass shooting that left a U.S. congresswoman wounded has pleaded guilty to going on the rampage that killed six other people.

Jared Lee Loughner's plea Tuesday allows him to avoid the death penalty in a shooting that gained worldwide attention in January 2011 because his intended target was Rep. Gabrielle Giffords.

A judge ruled on Tuesday that months of forcibly medicating Loughner to treat his schizophrenia made him competent to understand the gravity of the charges. He is expected to be sentenced to life in prison.

THE ASSOCIATED PRESS

Arrests put paragliding in spotlight

Terror from the sky?
Suspects allegedly took lessons, planned to launch aerial attacks

The history of terror plots is filled with unusual schemes, from an underwear bomber to model planes filled with explosives — showing how would-be attackers are constantly hatching ideas to catch authorities by surprise. Now questions are being raised about whether two Russians held on terror charges in Spain were planning to launch airborne attacks as paragliders.

The two Russians took paragliding lessons this year in a southern Spanish region renowned for the sport, authorities said over the weekend. A Turkish engineer also under arrest paid for the lessons.

Spain's Interior Ministry declined comment on whether investigators believe Eldar Magomedov and Mohamed Ankari Adamov were using the paragliding lessons to train for an attack. But analysts said the allegation in court paperwork that they took the lessons is almost certainly a key line of investigation.

"It would be surprising if it is not significant in the investigation given the fact that it is mentioned, and secondly because both of them are doing it," said Magnus Ranstorp, a terror expert at the Swedish National Defence College.

No attacks have been carried out using paragliders, experts said. The chances of success of such a plot would be severely limited by the difficulty handling the gliders over cities, terror and paragliding experts said.

However, paragliding did feature in one recent stunt by an environmentalist that must have given chills to authorities.

The activist was arrested in May after dropping a billowing smoke bomb onto the roof of a French nuclear reactor. Video footage captured the airborne activist on a motorized paraglider after he dropped the smoke bomb, circling the reactor before making a wobbly descent to the ground with his glider's parachute-like wing emblazoned with "Greenpeace."

Paragliding was banned in and around New Delhi during the 2010 Commonwealth Games "to provide security against any sort of terror attacks," said police spokesman Rajan Bhagat. And authorities in Denmark banned paragliders from flying above Copenhagen in 2009 when the International Olympic Committee met to pick the winner of the 2016 Summer Games.

THE ASSOCIATED PRESS

Quoted

"Terrorism is a full-time occupation, you don't pursue hobbies on the side."

Magnus Ranstorp, a terror expert at the Swedish National Defence College

Paragliding in Europe

Paragliding pilots said in interviews that the Russians probably wouldn't have raised red flags at paragliding schools because it's easy to sign up for lessons.

- There are no criminal background checks for would-be paragliders.
- Students only have to be physically fit and able to speak the language of the country where the courses are taught.
- Europe has at least 100,000 licensed paragliders, many using gliders that fold up and fit into car trunks.

South Africa wakes up to a winter wonderland

People react as a rare snowfall hits Johannesburg on Tuesday. Temperatures dropped to below freezing on Tuesday morning as flurries blew through South Africa's commercial hub, dusting the city in white as residents poured into the streets to watch the snowflakes fall. The South African Weather Service has warned that extreme cold will blanket much of the nation over the next few days, which remains in winter.

JON GAMBRELL/THE ASSOCIATED PRESS

Congo. Oxfam says hundreds killed, raped

With Congo's army diverted to fighting a new rebel group, new militia groups have arisen and older ones are reasserting themselves, killing hundreds of civilians, the British charity Oxfam said Tuesday.

Underscoring the severity of the situation, UN humanitarian chief Baroness Valerie Amos arrived in Goma on Tuesday and is to visit some of the 280,000 people who have fled their homes since mutinying soldiers launched the M23 rebellion in April. But security is so poor that Amos was forced to cancel planned trips to the mining town of Walikale and the seat of the rebellion in Rutshuru, 75 kilometres north of Goma.

U.S. Secretary of State Hillary Rodham Clinton called the violence "a serious threat to regional security and stability."

Responding to the escalating crisis in the mineral-rich area, regional leaders met in Uganda on Tuesday where they may seek a change in the mandate of the UN peacekeeping mission. The option is one of three under consideration as presidents forming the 11-nation International Conference on the Great Lakes Region pursue a solution to the crisis.

The other options include incorporating a neutral force drawn from around Africa into the UN peacekeeping mission in Congo, or establishing a force pooled from regional armies, a more desirable situation for Uganda and Rwanda, according to officials monitoring deliberations.

THE ASSOCIATED PRESS

Israel. Blurry glasses keep women out of sight

It's the latest prescription for extreme ultra-Orthodox Jewish men who shun contact with the opposite sex: glasses that blur their vision, so they don't have to see women they consider to be immodestly dressed.

In an effort to maintain their strictly devout lifestyle, the ultra-Orthodox have separated the sexes on buses, sidewalks and other public spaces in their neighbourhoods. Their interpretation of Jewish law forbids contact between men and women who are not married.

Walls in their neighbourhoods feature signs exhorting women to wear closed-necked, long-sleeved blouses and long skirts. Extremists have accosted women they consider to have flouted the code.

Modest purchase

$6

The glasses are going for the "modest" price of $6.

Now they're trying to keep them out of clear sight altogether.

The ultra-Orthodox community's unofficial "modesty patrols" are selling glasses with special blur-inducing stickers on their lenses. The glasses provide clear vision for up to a few metres so as not to impede movement, but anything beyond that gets blurry — including women. It's not known how many have been sold.

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Fewer fly Air Canada in July; WestJet on top

Air traffic. Losses expected to continue for Air Canada when it reports third-quarter results on Wednesday

Air Canada workers talk at Pearson International Airport in Toronto on Thursday. NATHAN DENETTE/THE CANADIAN PRESS

Air Canada saw a greater percentage of empty seats on its flights last month compared with a year ago as traffic on Canada's largest airline slipped more than it cut capacity.

The Montreal-based company reported Tuesday that its system load factor for July was 85.9 per cent, down from 86.4 per cent a year ago.

In contrast, Calgary-based rival WestJet Airlines posted a record load factor in July, with improvements in all key performance measures compared with July 2011.

Air Canada's lower load factor came as traffic fell 1.1 per cent and capacity was cut 0.5 per cent compared with a year ago.

Still, the result was "close to last year's record load factor for the same month and underscores our continued disciplined approach to managing capacity," Air Canada president and chief executive Calin Rovinescu said.

Air Canada said the load factor on its U.S. and transatlantic flights dropped to 80.1 per cent and 87.5 per cent respectively, down from 81.2 per cent and 89.5 per cent. Domestic flights improved their load factor to 84 per cent, up from 83.1 per cent a year ago, while flights across the Pacific improved to 91.5 per cent from 91.2 per cent.

THE CANADIAN PRESS

Health care. Pfizer pays $60M in bribery settlement

Pfizer has agreed to pay the U.S. federal government $60 million US to settle allegations that its employees bribed doctors and other foreign officials in Europe and Asia to win business and boost sales.

The Securities and Exchange Commission said Tuesday that Pfizer's overseas subsidiaries made illegal payments to health-care workers in China, Italy, Russia, Croatia and other Eastern European countries. As early as 2001, Pfizer sales representatives tried to conceal the bribes by recording them as legitimate business expenses.

"Pfizer subsidiaries in several countries had bribery so entwined in their sales culture that they offered points and bonus programs to improperly reward foreign officials," said Kara Brockmeyer, chief of SEC's foreign enforcement division. THE ASSOCIATED PRESS

Market Minute

DOLLAR 100.25¢ US (+0.44¢)

TSX 11,863.50 (+200.91)

OIL $93.67 US (+$1.47)

GOLD $1,612.80 US (-$3.40)

Natural gas: $2.964 US (+5.6¢)
Dow Jones: 13,168.60 (+51.09)

Apple

iPhones, iPads to ditch YouTube app

Apple says the next version of its software for the iPhone and iPad won't come with a pre-installed YouTube application.

Users will be able to play YouTube videos in the web browser, says Apple spokeswoman Trudy Muller. Google Inc., which owns YouTube, is also working on a downloadable app, she says. Muller says Apple Inc.'s licence to include the YouTube app has expired, but did not explain why it hasn't been extended.

THE ASSOCIATED PRESS

Military export

U.S. senators target Canadian company

U.S. senators John McCain and Carl Levin are demanding tougher action against a Canadian aerospace company that has admitted to exporting military software to China in violation of U.S. law.

Pratt and Whitney Canada, owned by U.S. defence giant United Technologies Corporation, has acknowledged selling the computer programs that could allow China to complete the development of its first modern attack helicopter.

THE CANADIAN PRESS

OPPRESSION IN BELARUS MAKES FOR A GOOD CHILD'S FABLE

JUST SAYIN'
Paul Sullivan
metronews.ca/voices/just-saying

I had this great idea for a children's book:

The Dark Lord rules over a country far away. He is very powerful and prevents anyone from speaking out against his government, even though the economy is a mess and the living standard is low. A group called Reporters Without Borders ranks this sad country 154th out of 178 countries in its Press Freedom Index.

After I penned a story

Imagine my distress when I find out that my story, which is going to allow me to replace J.K. Rowling at the top of the list of Fabulously Wealthy Children's Authors, really happened!

One day, good blond people from a magic land hear about the human rights abuses of the Dark Lord, including the death of a human rights activist, and decide to take action. They fly a small plane into the Dark Lord's domain and parachute 1,000 teddy bears calling for free speech, and then escape untouched.

When the Dark Lord finds out, he gets very angry and fires his generals who did nothing, despite boasting of a sophisticated defence system fuelled by treasure that should go to hungry children. But the damage is done. Everyone is laughing at the Dark Lord, who can't even stop an invasion of teddy bears. His mojo is toast.

Imagine my distress when I find out that my story, which is going to allow me to replace J.K. Rowling at the top of the list of Fabulously Wealthy Children's Authors, really happened! And it's still happening.

The Dark Lord, also known as Alexander Lukashenko, the President of Belarus, has expelled the ambassador of the good people, who are in reality employees of a Swedish ad agency who thought the Teddy Bear Invasion would be a good way to get Belarusian oppression of human rights on the news agenda.

It worked. It doesn't hurt that Teddy Bear Terrorists Tomas Mazetti and Hannah Frey look like Swedish movie stars and the teddies are pretty darn cute too, with their little parachutes and placards.

Of course, because this is real life and not a child's fable, everyone is definitely not living happily ever after. Lukashenko is arresting anyone who dares to smile, and, meanwhile, the jails are full of human rights activists and former presidential candidates.

Still, you have to admire the Swedish protest and its simple, child-like charm. In a country where protesters have been arrested just for clapping or ringing their cellphones in unison, you need to be creative to tell a modern story of brutal, systematic oppression.

I know I'm inspired — I'm just about finished the New Adventures of Delta Force Teddy — in which the bears fly to North Korea to infiltrate Kim Jong-un's bedroom to discover the identity of the mystery lady who suddenly turned up at his side.

Stay tuned.

A turtle is born ... from plastic

ACT4.CO/SOLENT

Up-cycled art

Brilliant sculpture made from trash

This enchanting turtle floating in deep azure blue sea is truly unreal — in fact the creature is made entirely from discarded and reclaimed household objects.

Artist Sayaka Ganz's stunning sculptures — which also include a whale, fish, dog and an albatross — measure from half a metre to two and a half metres.

METRO

A knack for recycling

- **Plastic passion.** Ganz sorts everything plastic — from sunglasses and cutlery to baskets and cooking utensils — into 20 colour groups in her basement. "I have been collecting plastic objects for four years now, and I have about 20 bins of colour-sorted plastics," she said. Some of her items are found in garbage cans, some in charity shops and the rest are donated by friends and relatives.
- **Japanese philosophy at heart.** Despite now working in Fort Wayne, Ind., Ganz keeps the traditions from her childhood homeland close to her art: "Japanese Shinto beliefs are such that all objects and organisms have spirits, and I was taught in kindergarten that objects that are discarded before their time weep at night inside the trash bin." She added: "My goal is for each object to transcend its origin by being integrated into an animal/organic forms that are alive and in motion."

Artist Sayaka Ganz, 35, hails from Yokohama, Japan.
CONTRIBUTED

Tomas Mazetti and Hannah Frey show a teddy bear on a parachute as they pose for a photo in Berlin recently. The slogan on the paper fixed to the bear reads: "We support the Belarusian struggle for free speech."
GERO BRELOER/THE ASSOCIATED PRESS

Metropolitan Panel

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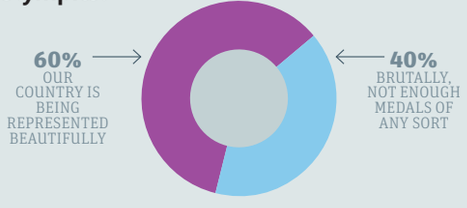

Twitter

@tsnjamesduthie:
It gets worse. FIFA investigating comments made by Cdn soccer players post-game about ref. Suspensions for bronze medal game a possibility.

@caalebtwn:
Hot and hazy start in #Vancouver at Spanish Banks. A hat will be a good idea. Question: is there a market for the sun-protection toupee?

@ColinJamesMusic:
Can't wait to see Bonnie Raitt in Vancouver on the 10th ! She's so good it's craaaaaaaazy. Flying to Toronto this morning.

@therealcabbie:
Norwegian referee Christina Pedersen should get whichever medal Team USA receives in women's soccer. She earned it too. #London2012

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Jeremy Renner takes over leading man role in the latest Bourne flick. HANDOUT

The Jason Bourne facsimile

Damon relinquishes role. Renner picks up the lead in secret-agent thriller but it's not the first time Bourne has seen changes

IN FOCUS
Richard Crouse
scene@metronews.ca

Writer Robert Ludlum died a year before Jason Bourne, his most famous character, was brought to life on the big screen by Matt Damon.

He didn't get to enjoy Damon's take on the action hero, but he did see another version of The Bourne Identity and the famous superspy.

The writer reportedly enjoyed the 1988 300-minute, two-part made-for-television movie of The Bourne Identity starring mini-series king Richard Chamberlain in the role Damon later made famous.

Despite a cheeseball love scene between Chamberlain and co-star Jaclyn Smith the TV special (now available on DVD) was a faithful adaptation of the first Bourne novel and even earned its lead actor a Golden Globe nomination.

These days Ludlum would be hard pressed to recognize his character, however.

He wrote the first three Bourne books but after his death the series was kept alive by writer Eric Van Lustbader, who has made slight, but noticeable changes to the character over the course of seven subsequent novels.

Quote

"Damon didn't want to return to the franchise but the studio still wanted another Bourne movie."

Moviegoers may also find themselves a tad confused this weekend when Jeremy Renner takes over the lead from Damon in The Bourne Legacy. Renner, who beat out Jake Gyllenhaal, Michael Fassbender, Taylor Kitsch and Josh Hartnett for the gig, isn't playing Jason Bourne, but a reasonable facsimile — a trained assassin brainwashed into taking part in covert government activities.

In Hollywood they call that expanding "the franchise mythology."

In other words, Damon didn't want to return to the franchise but the studio still wanted another Bourne movie.

Ludlum's books — he wrote 23 thrillers with sales estimated between 290 to 500 million — have also provided the basis for several movies without the name Bourne in the title.

The Osterman Weekend is a confusing movie about a television journalist who becomes convinced his friends are a threat to national security. Ludlum apparently offered to rewrite the perplexing script at no charge, but was rejected by the movie's producers.

The result is an entertaining mess the New York Times said, "has a kind of hallucinatory craziness to it."

More troubles

The Holcroft Covenant was another troubled production.

- **Unhappy.** Star James Caan walked out the day before filming was to begin, unhappy with the script. His replacement, Michael Caine, carries the espionage story, but the action scenes are more entertaining than the spy story.
- **Another movie.** In development is the Chancellor Manuscript, Ludlum's story about J. Edgar Hoover's alleged "secret files." Leonardo DiCaprio is rumored to be in talks to star.

2 SCENE

On the web

Madonna hopes for release of Russian rockers facing trial over punk prayer against Putin

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Ryan Lochte

Olympic swimmer crushing on Lively

New U.S. Olympic swimming star Ryan Lochte knows what he likes when it comes to famous women.

When asked by CNN's Piers Morgan what famous woman he would choose to spend the rest of his life with, Lochte responded, "Uh, right now, Blake Lively. She is gorgeous."

And Lochte says he wouldn't let Lively's boyfriend, Ryan Reynolds, stand in his way if he were to meet her. "I would be like, 'Hi.' I'd be like, 'You want to go to an island with me?'" he said.

The Word

Posh Spice doesn't come cheap

THE WORD
Monica Weymouth
scene@metronews.ca

Forget the opening ceremony — the Spice Girls are reuniting for a performance at the Olympics' closing ceremony.

Unfortunately though, things don't always go smoothly when five washed-up pop stars try to squeeze back into their platform sneakers.

It seems Victoria Beckham — or, as we never stopped calling her, Posh Spice — has some wardrobe requirements.

"They are paying at least $15,000 for Victoria Beckham's hair, makeup and stylist. In comparison, the other Spice Girls cost one-fourth of what Victoria is costing," a source tells Hollyscoop of the Olympic preparations.

"All of the diva stories about Victoria are true. This is p—ing off the other Spice Girls. They don't understand why she is getting special treatment."

Allow us to explain, ladies: It's because her name is Victoria Beckham, and she could purchase half the participating countries.

Russell Brand

Brand still fighting the addiction disease

Despite 10 years of being clean and sober, Russell Brand still knows the pull of addiction.

In a scene from his upcoming BBC documentary on the subject, Brand watches footage of his younger self doing drugs and is surprised by his reaction.

"This is when you know it's a disease. It doesn't matter that I was in that flat in Hackney and now I'm in the Savoy. I'm jealous of me then," he says, according to the Daily Mail. "It doesn't make a difference to me. The money, the fame, the power, the sex, the women — none of it. I'd rather be a drug addict."

Twitter

@NathanFillion
How's your handshake? You sure? Is it too hard? Do you pinch? People think they have it right, but don't. Seriously- check.

@Joan_Rivers
Ryan Lochte admits that he urinated in the water at the Olympics. Apparently he saw a sign that said "warm-up pool", so he did.

@kirstiealley
Ya just gotta love love..let's all OD on it... night y'all .. Love, from paradise

@SteveMartinToGo
Using tiny but powerful hotel hair dryer to jet me around room in St. Paul. Fun.

"HILARIOUS AND HEARTFELT."
Peter Travers, Rolling Stone
"A SMART, ROMANTIC COMEDY FOR GROWN-UPS."
Joe Neumaier, DAILY NEWS
Meryl Streep
Tommy Lee Jones
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Top 5 universities you can crash at -- for less -- this summer

BY MAE GIFFORD
life@metronews.ca

5 universities to stay in

1 Ryerson University

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Price: $54 for a single bed with shared bathroom
Average price for hotel: $159
The reason to stay here is location, location, location. Situated around the corner from Yonge-Dundas Square in downtown Toronto, you're mere steps from theatres, the Eaton Centre and transit that can take you to the CN Tower. Each floor of the residence has a common lounge, kitchen and shared laundry facilities.

2 Dalhousie University

Guests at Dalhousie also get access to Dalplex, the university's athletic facility. FLICKR: BRENT EADES

Price: $31 for students, $47 for adults
Average price for hotel: $179
Located in the centre of activity in downtown Halifax, guests are close to many attractions including museums, restaurants and shopping. You'll also get free Wi-Fi and access to Dalplex, the school's athletic facility.

3 University of Prince Edward Island

Price: $53 for a single room, $69 for a double
Average price for hotel: $179
Minutes from downtown Charlottetown, guests who stay in the residence are treated to free parking as well as bed linen and towel exchange. Want to take a dip in the ocean? The beach is a 20-minute drive away.

Just 20 minutes from the beach, the University of Prince Edward Island also has free parking. HANDOUT

4 Carleton University

Price: $72.32 per person, includes taxes and all-you-can-eat buffet breakfast
Average price for hotel: $118
The nation's capital is popular during the summer and staying at Carleton is a great option for the budget-wise. Halfway between the airport and downtown, the school is close to shopping, galleries and museums. Guests who stay here also have access to the school's athletic facilities (including an Olympic-sized pool) for a small fee.

Carleton University can be a low-cost option for travellers visiting Ottawa. FLICKR: ERFANO

5 University of Victoria

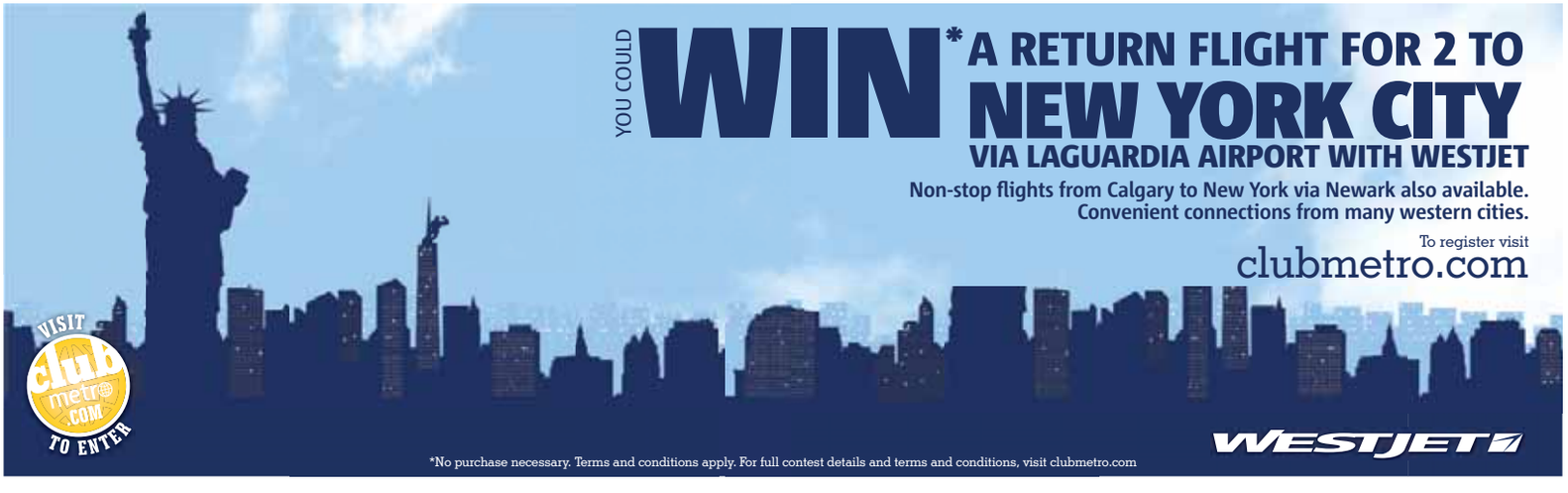
Price: $47.20 for a single bed
Average price for hotel: $199
This picturesque city is a must-see for all Canadians, but staying near the inner harbour is pricey. The school is located about 20 minutes from downtown, and the price is right. The best part about staying here? They also throw in breakfast. Apartment-style units with four bedrooms and two bathrooms are also available for $160 per night.

The University of Victoria offers a variety of options, and includes breakfast. FLICKR: ALEJANDRO ERICKSON

ELITE 3

On the Web

Eighties heart-throb turned travel writer Andrew McCarthy says Toronto is no longer dull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There's more to historic Tampa than just those sandy beaches

Hosting Republican Convention. From Cuban sandwiches to Greek sponge divers, the area is rich in culture and diversity

The Cheetah Hunt roller-coaster is a popular ride at Tampa's Busch Gardens amusement park and zoo. ASSOCIATED PRESS PHOTO

In a twist of irony, many of the visitors to August's Republican National Convention will travel between their hotels and the downtown event on a busy road named to honour President John F. Kennedy, who was very much a Democrat.

Kennedy Boulevard, a gateway to downtown from the west, was so named in 1964 partially because of a special connection between Tampa and the 35th U.S. president. Kennedy had waved to massive crowds lining that road from an open-topped Lincoln Continental on Nov. 18, 1963. The next time he rode in that car, four days later in a motorcade through downtown Dallas, he would be shot to death.

A statue of JFK now stands at the present site of the University of Tampa, looking out over his eponymous thoroughfare.

The Tampa-JFK connection is just part of Florida's rich presidential history. It includes Andrew Jackson's role as Florida's first territorial governor in Pensacola, Harry S. Truman's "Little White House" in Key West — the winter quarters hosted a total of total of six presidents — and the famous compound kept by the Kennedy family at Palm Beach.

After Kennedy became president, a secret bunker was installed in an island off the coast in case of a nuclear attack.

There's more in Tampa, too. A stone's throw away from Kennedy's statue is a grand structure topped with curiously ornate minarets that was once called the Tampa Bay Hotel. Built by railroad magnate Henry Plant, it was there that Roosevelt and members of the First United States Volunteer Cavalry — better known as the Rough Riders — bivouacked in 1898, before shipping out for Cuba and the Spanish-American War. Today, the building houses a museum and is a centerpiece of the stately downtown University of Tampa campus.

In more modern history, as the Tampa Bay area grew up and Florida became a critical swing state, visits by sitting presidents have become relatively common, and Tampa has become a required campaign-trail stop for any candidate who hopes to win over the many swing voters here.

For visitors to the Aug. 27-30 convention, there is plenty more to take in.

Tampa's former Latin quarter, Ybor (EE-bor) City, adjacent to downtown, was for the first half of the last

Quoted

"Every time they do a cut-away shot of the skyline of downtown Tampa or the Tampa Bay Times Forum, or show beauty shots of the beaches and the attractions, that's promoting the destination like we've never been able to promote it before."

Travis Claytor, spokesman for the area's tourism bureau.
Explaining how TV coverage of the convention will help sell Tampa as a destination.

Five places to see

Sunset Beach is one of the best in the Tampa area. ASSOCIATED PRESS PHOTO

1 JOSE MARTI PARK: While it's physically located in Tampa's historic Ybor City, this tiny park is really part of Cuba. Named after the revolutionary who helped oust the Spanish out of Cuba in 1900 who also spent time in Florida, the land was bought by a couple in the 1950s to honour the man himself. The couple gave the land to Cuba — but Fidel Castro took over the country a few years later. To this day, property records show that the owner of the 0.14-acre park is the "Cubano Estado," or "Cuban State."

2 TEDDY'S TAMPA: In 1898, before he was president, Col. Teddy Roosevelt once stayed in Tampa on his way to fight the Spanish-American War in Cuba. He and the First United States Volunteer Cavalry — also known as the Rough Riders — bivouacked and planned the invasion at the Tampa Bay Hotel, an ornate structure with silver minarets built by a railroad magnate. The building is now part of the campus of the University of Tampa.

3 MAFIA CEMETERY: Did you watch the movie Donnie Brasco? Remember how Donnie and Sonny Black met up with famed mobster Santo Trafficante Jr., the mafia boss of Florida and Cuba? In Tampa, you can see Trafficante's final resting place at the L'Unione Italiana Cemetery in Ybor City. Trafficante died in 1987 at a Houston hospital after a triple bypass.

4 SUNSET BEACH: Almost all of the Tampa-area beaches are located west of the city in Pinellas County, and all of them are gorgeous. But one of the nicest and most secluded is Sunset Beach, nestled at the tip of a small beach city named Treasure Island. There are few businesses on this part of the barrier island but it's mostly homes and condos.

5 ST. PETERSBURG WATERFRONT: Downtown Tampa is mostly concrete and steel, but across the bay is a kinder, gentler cityscape. You can stroll along parks and the waterfront between the historic, Mediterranean-revival Vinoy Renaissance Resort and Golf Club and the new, eye-popping Salvador Dali Museum. Pass by the Museum of Fine Arts, a marina, a yacht club and some gorgeous banyan trees. On nearby Beach Drive, cafes, bars and stores line the street.

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The main beach at Caladesi Island State Park, a barrier island along the Gulf of Mexico, on Florida's West Coast, offers warm turquoise waters and white sands. CRAIG LITTEN/ASSOCIATED PRESS

The Tampa Bay Times Forum, home of the NHL's Tampa Bay Lightning, will host the Republican National Convention on Aug. 27 to 30, 2012.. REINHOLD MATTAY/ASSOCIATED PRESS

century the cigar manufacturing capital of the world, with more than 200 factories once lining the narrow streets. That heritage is celebrated here, and still alive in the cigar shops mixed in among the bars and restaurants in what is now a bustling entertainment district.

In the so-called "Cigar City," aficionados can put fire to a fine stogie rolled minutes before right in the window of one those Ybor City shops.

Don't fancy a cigar? Then how about a Cuban sandwich? That's the other product that virtually synonymous with Tampa and is similarly interwoven into its history.

A staple of the early immigrant communities in Ybor City, the sandwich of ham, roasted pork, Swiss cheese, pickles and mustard on pressed Cuban bread remains a Tampa favourite, with many restaurants and sandwich shops claiming to have the best or most authentic version. (Like pizza, Cuban sandwiches are hardly ever bad, regardless of who makes them.)

The area is expected to benefit directly from the convention to the tune of around $175 million, according to the host committee, and down the road it will attract potential visitors from the millions of people watching it on TV around the world. The event will attract three times more media members than the Super Bowl, which Tampa has hosted four times.

"It's coverage that you can't buy," said Travis Claytor, spokesman for the area's tourism bureau. "Every time they do a cut-away shot of the skyline of downtown Tampa or the Tampa Bay Times Forum, or show beauty shots of the beaches and the attractions, that's promoting the destination like we've never been able to promote it before. This is an opportunity that has never come along before, and it's priceless, to be honest with you."

Tampa will be the focus for convention visitors, of course, with its big-city skyline, world-class aquarium, Busch Gardens theme park, Hard Rock Hotel & Casino, and the riverfront arena where all the convention floor action will take place. But the area is what it is — cool and cosmopolitan enough to attract Super Bowls, NCAA Final Four tournaments and now, a political convention — because of St. Petersburg, Clearwater and the rest of what is collectively known as "Tampa Bay."

Visitors will do themselves a disservice if they don't cross the bay and check out St. Petersburg's stunning waterfront downtown area, as well as the youthful vibe of Clearwater Beach. Some of the best white-sand beaches anywhere are close by, too. Two of them — Fort DeSoto Park and Caladesi Island — have topped the list from Stephen P. Leatherman, a Florida International University professor dubbed "Dr. Beach" for his annual rankings of the nation's best coastlines.

Just north of Clearwater is Tarpon Springs, a small town established by Greek immigrant sponge divers in the early 20th century whose descendants have worked hard to maintain the distinct Mediterranean flavour. The sponge docks now cater to tourists with a string of wonderful Greek restaurants, bakeries and gift shops.

"It was presented (to the RNC) as a complete area and all we have to offer," said convention host committee spokeswoman Aileen Rodriguez. "The community really came together to put the bid together and get it in. Now we're excited about showcasing the whole area to the guests who are coming into Tampa Bay."

THE ASSOCIATED PRESS

In the area

Many other communities around Tampa are also well worth a visit:

- **St. Petersburg**. A much more welcoming waterfront and downtown than Tampa's, and a number of great museums and galleries.
- **Clearwater.** Excellent beaches with a younger, hipper vibe.
- **Tarpon Springs.** Once a sponge fishing village founded by Greek immigrants, it's retains an Old World flavour.

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Olympians, tourists come together at Spruce Meadows

Rockie Mountain view. Three more major events still on tap this year at Calgary equestrian centre

It marked the beginning of the "Road to London" for Canada's equestrian team and attracts more than a half-million show jumping aficionados to the Calgary area each year.

Spruce Meadows is recognized as one of the world's top show jumping facilities and hosted its first equestrian tournament in 1976. Located deep in the southwest corner of Calgary's city limits, the sprawling facility — with a striking view of the Rocky Mountains to the west — has the stable capacity for 1,000 horses.

It is a regular haunt of 2008 Olympic gold medalist Eric Lamaze, who, along with longtime stalwart Ian Millar, Mac Cone and Jill Henselwood, also won silver in the team event.

"It really does have that Olympic feeling and this year the 'Road to London' started here for the Canadians," said Spruce Meadows vice-president Ian Allison.

"We've been fortunate in our history that Canada's had some really big stars — Ian Millar, Eric Lamaze, Gail Greenough, Mario Deslauriers," he added.

"We're not always at the top of the game — just like Britain isn't always at the top of the game in tennis — but Wimbledon is still a big draw on the global scale and Spruce Meadows is sort of that ilk."

There are six major outdoor tournaments and eight indoor tournaments at Spruce Meadows annually. The summer series will come to an end with the Masters which runs from Sept. 5-9, just a few weeks after the Olympics.

On a year that the centennial of the Calgary Stampede drew more than 1.4 million visitors, Spruce Meadows is continuing to hold its own.

Spruce Meadows hosts about 300 events, including convention events, trade shows and the annual Christmas Market.

THE CANADIAN PRESS

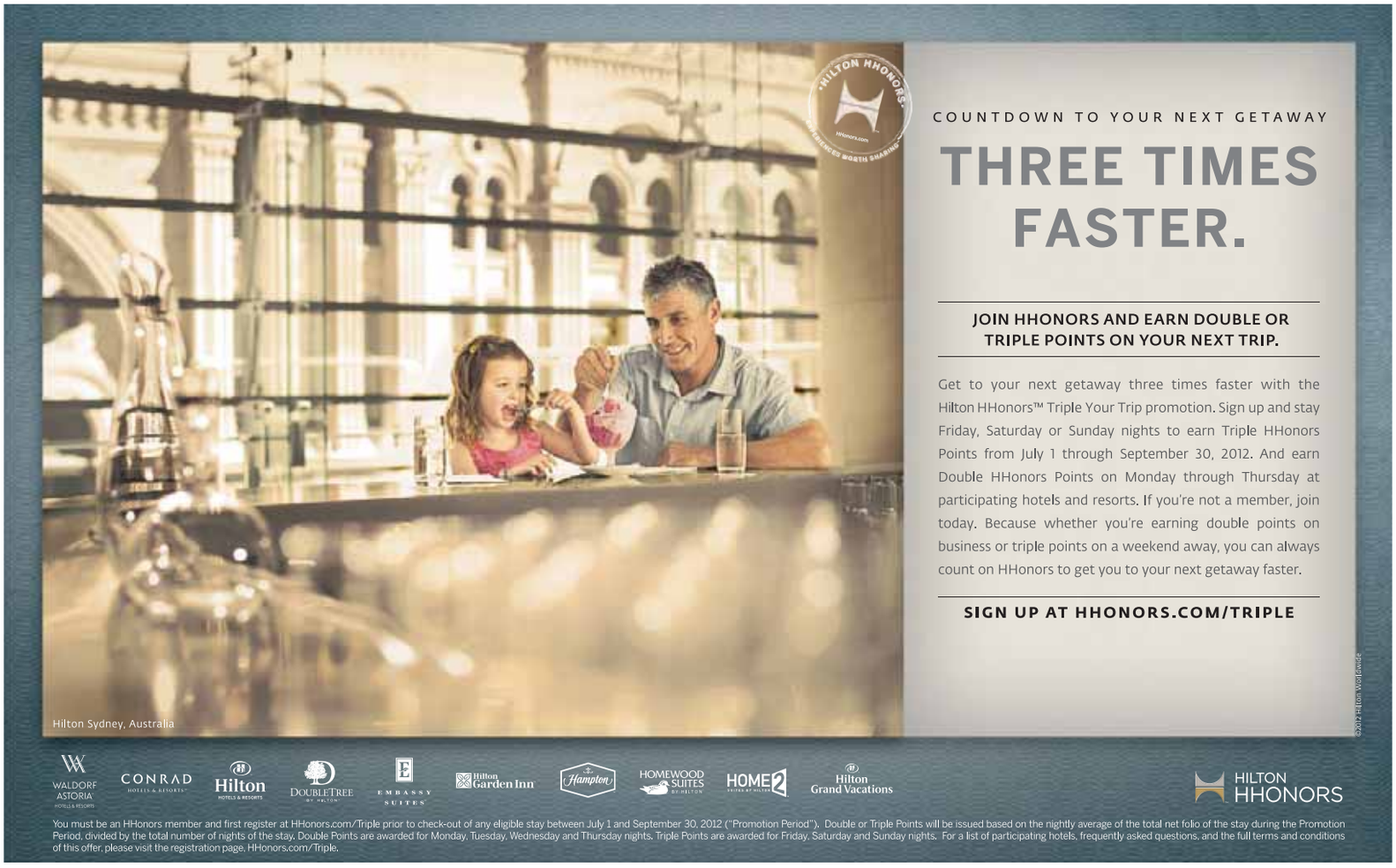
If you go ...

Events. There are three more equestrian events at Spruce Meadows in 2012: the Masters from Sept. 5-9, the Harvest Classic (Oct. 18-21) and Oktoberfest (Oct. 25-28).

Seating. Reserved seating is available, but regular gate admission gives visitors opportunity for rush seating for major events.

Accommodation. There are several hotels within 10 minutes of the venue.

Spruce Meadows is the epicentre of Canadian equestrian and show-jumping culture. FLICKR: WILSON HUI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Skip tired barbecue toppings and finish steak with chimichurri sauce

Steak with Chimichurri Sauce

This recipe serves four. THE CANADIAN PRESS H/O

Excellent cuts of barbecued beef suit Canadians' summer lifestyle to a T — simple, great-tasting food grilled to perfection. In this rendition, chimichurri sauce is used.

1. In a food processor, combine parsley, coriander, mint, garlic, cumin, salt and cayenne; pulse until garlic is minced. Add vinegar and mix. Gradually add oil, mixing until thoroughly combined. (Chimichurri can be made up to 1 day in advance. Cover and refrigerate until ready to use or freeze for up to 1 month.)

2. Generously season beef with salt and pepper. Place on greased grill over medium-high heat; close cover and grill for 4 to 6 minutes per side for medium-rare.

3. Meanwhile, if not using vine tomatoes, thread cherry tomatoes on small skewers (if using wooden skewers, soak for about 20 minutes first). Place tomatoes on grill and cook for last few minutes of grilling, just until warmed through. Serve with steak.

Ingredients

Grilled Steak
- 4 beef tenderloin grilling steaks (each 180 g/6 oz) or your favourite cut of grilling beef
- Salt and pepper, to taste
- 1 pkg (200 g) on-the-vine cherry tomatoes or 375 ml (1 1/2 cups) cherry tomatoes

Chimichurri Sauce
- 250 ml (1 cup) chopped fresh parsley
- 125 ml (1/2 cup) each chopped fresh coriander and mint
- 2 cloves garlic, chopped
- 2 ml (1/2 tsp) ground cumin
- 1 ml (1/4 tsp) salt
- Generous pinch cayenne pepper
- 45 ml (3 tbsp) red wine vinegar
- 150 ml (2/3 cup) olive oil

4. Drizzle each steak with 30 ml (2 tbsp) chimichurri. Serve remaining chimichurri sauce on the side. FOODLAND ONTARIO/ THE CANADIAN PRESS

Drink of the Week

Sip Brazil's sweet Caipirinha cocktail

Caipirinha, considered Brazil's national cocktail, is a celebrated beverage. Make a variation with watermelon for the perfect party sip.

- 1 lime
- 5 quarter-sized slices ginger
- 10 ml (2 tsp) sugar
- 6 chopped mint leaves
- 60 ml (2 oz) watermelon puree
- 60 ml (2 oz) cachaca
- 30 ml (1 oz) grenadine
- Ice

Muddle lime, ginger, sugar and mint and transfer to a cocktail shaker. Add watermelon puree, grenadine, cachaca and ice. Shake. Pour into a glass and serve. THE CANADIAN PRESS/ WATERMELON.ORG

Wonder worker: Everyone (even this guy) has a hero inside them waiting to hatch. ISTOCK

Twitter

@TalentEgg
What career lessons should students be learning from the #London2012 Olympic athletes?

@marisabaratta
Perseverance is key! @TalentEgg #London2012 career lessons

@SerenaJHT
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@GregRyderVAN
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no matter how challenging it may be - get up and KEEP MOVING FORWARD!

@NaveenZafar
self discipline and perseverance are crucial

@ShabShah
Strive for excellence, success will follow. #London2012

Becoming an office Olympian

Work to win. Channel the athlete's outlook in every day life

LEAH RUEHLICKE
TalentEgg.ca

As London is alive with athletes embracing the Olympic motto and going faster, higher and stronger, the work force is alive with employees practicing these same strategies for success.

Recognize the importance of training Every week you should be analyzing your performance. Did you meet your targets? Where and why did you fall short? Evaluating your performance and taking steps to improve — whether it be embarking upon further training courses or practicing some basic strategies — is going to help you become the strongest employee you can be.

Overcome obstacles Every athlete has to learn how to pick themselves up after a setback. That high jump bar you just can't clear? The hurdle you keep knocking over? Athletes need to keep their eye on the prize in order to keep going when the going gets tough.

Similarly, we face obstacles in the workplace as well. Not getting the promotion you wanted. Being rejected from a job you thought you had in the bag. Keeping your eyes on your ultimate goal and focusing your attention on what steps you can take to get there will help you find yourself on the workplace podium sooner rather than later.

Push yourself Preparing for the Olympics is an insane time commitment. You eat, sleep and breathe Olympic training. Therefore, maintaining focus and working towards constant improvement is your key to success. At work, it is easy to fall victim to doing the bare minimum and settling into where you are instead of working towards where you could be. Pushing yourself to work harder and surpass expectations is where you are going to find your career success.

LEAH RUEHLICKE IS A MARKETING/EDITORIAL ASSISTANT AT TALENTEGG, AND A RECENT CULTURAL STUDIES AND ENGLISH GRADUATE FROM TRENT UNIVERSITY.
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Tweeting tragedy turns into lesson for workers

Dreams dashed. Olympian's story of social slip-up important for all hires to hear

ISHANI NATH
TalentEgg.ca

Don't forget that the words you type are connected to your mouth. ISTOCK

After years of training and preparation, it took less than 140 characters to dash Greek track athlete Voula Papachristou's Olympic dreams.

The young triple-jump champion was booted from the London 2012 Summer Olympic Games roster after she posted a tasteless tweet about Africans and the West Nile virus, sparking an uproar on social media.

While only a select few get to be professional athletes and partake in the Olympics, this situation speaks to an issue that is common among all of us: social media can have serious repercussions for your career — a lesson that Papachristou is now learning the hard way.

To be sure that you don't have to endure the same lesson, Robert Half Division Director Chris Brady has some tips and advice for job seekers and young professionals using social media.

Remember your audience

"Your social profile when you're in college or university can be very different than what it should be when you're out in the workforce," says Brady. When you're posting on social media, it's important to remember that you're not on campus anymore. What you post, tweet and upload is available to a much wider network of people than just your immediate network of friends. The web is much larger than that. Current and prospective employers are in that mix.

Be aware of the impression that you make online, he says. Even though LinkedIn is the 'Facebook of business,' companies can still lurk around your other social networks to get a sense of who you are.

Amp up your security

If you've racked up years of unflattering party photos or awkward high school banter that you'd rather your current or future boss not see, the easiest solution is to adjust your privacy settings.

Each social media site has help features to explain how to share without sharing with the wrong people. Keeping your social networks private is a quick way to manage your online brand if you don't have time to professionalize your accounts.

Pause before you post

When you have a great tweet or status update, it can be tempting to get it out to the cyber sphere as quickly as possible. But stop a moment and think. This message is potentially going out to more than just your network of friends so you better make sure that it is what you want to say. Check your spelling, check your grammar and, above all, check your content.

Keep yourself in check

"Check your spelling, check your grammar and, above all, check your content."
Ishani Nath

Stay on top of tweets

Manage your brand

- Outside of maintaining a professional persona with the content that you're putting out, it's also important to keep tabs on what others are posting about you. You may not be posting photos from last night's party, but if your friends are, then employers can still find them.
- Monitoring your online presence shouldn't just be a priority when you're on the job hunt, says Brady, it needs to be an ongoing activity. Keep track of what you're saying online and what other people are saying about you to avoid any uncomfortable discussions with current and future employers.

Brady says, if you're posting something that employers could find, ask yourself: "Would I stand up in a conference room and make that comment?" If the answer is no, such as in the case of Papachristou's tweet, then don't hit send.

Though you can delete posts off your feed or account, you can never fully erase them. "The information that you put out there once you hit that button is out there for good," says Brady.

ISHANI NATH IS AN ASPIRING WRITER WHO IS LEARNING THE COMPLEXITIES OF THE CRAFT IN RYERSON UNIVERSITY'S MASTER OF JOURNALISM PROGRAM.
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The dorm dweller's graduation

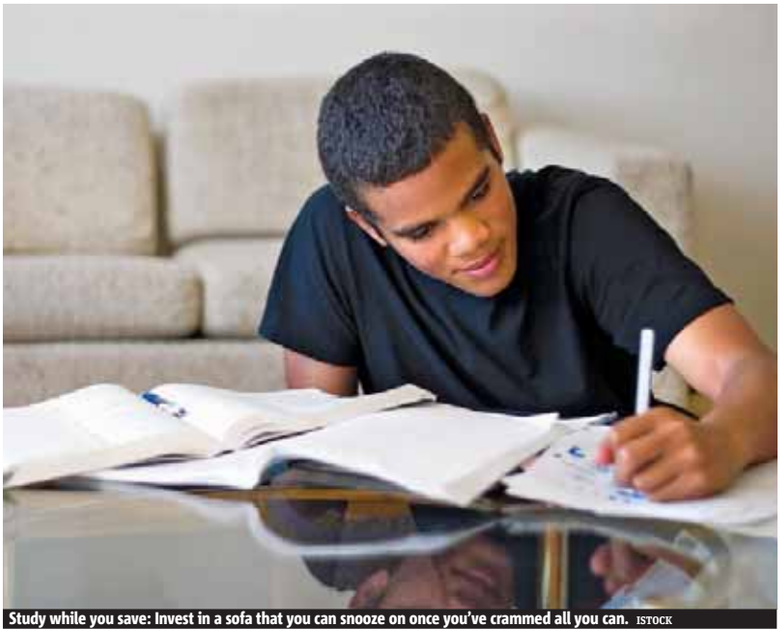
Au revoir to your residence. You've finally found your own castle off campus, so now what?

For many college kids, the dorms are home for all four years, and they're happy campers. But for many others, the opportunity to move off-campus, into an apartment or house, is a welcome lifestyle change.

Along with more autonomy and privacy, living off-campus means setting up and taking care of a kitchen, bathroom, common space and more. So once the keys are in hand, here are some tips on making the off-campus nest feel like home.

Planning your space

Typically, kids choose a group of friends to live with to share costs. Once the home's been secured, have a group discussion about what the common spaces will look like, advises Sabrina Soto, Target's home style expert. Come prepared with a list of things that matter to you, but "be willing to compromise," she says.



Study while you save: Invest in a sofa that you can snooze on once you've crammed all you can. ISTOCK

There are sure to be taste differences among housemates, so it might be best to keep common spaces neutral. Janice Simonson, an IKEA design spokesperson, points out an added bonus to doing so: "A monochromatic or limited colour scheme can go a long way towards visually calming a small, crowded space."

Paint is a good way to bring colour and life to a room, if the landlord permits. If not, look for wall decals and posters. Instead of tacking up art with pushpins or tape, use inexpensive frames for a more grown-up look.

Collecting stuff

First, see what you can scrounge from families and friends or get secondhand. Find out if your space's current renters — often graduating students — are willing to leave large items. Fill in the holes with inexpensive pieces that can take some hard living.

Two students at the Fashion Institute of Technology, Aimee Ciancarelli and Rachel Michaud, got creative when they moved into a Brooklyn, N.Y., apartment together last January.

"At Goodwill, we found a vintage phone, a shelf and some cute bottles. We got a free couch and chair from Craigslist. And we decorated the walls with our own artwork," Ciancarelli says.

Bob Koch, a senior at Ithaca College in Ithaca, N.Y., says his R2D2 trash can gave his place some character, but the best purchase was "this huge beanbag chair — it was everyone's favourite thing in the apartment."

Simonson advises "multitasking."

"Invest in pieces like a sofa bed with slipcover that can convert to an extra bed and features storage underneath," she says.

Side tables like IKEA's Lack series can be grouped, and also used as seating. Shelving units do double duty as space dividers and clutter busters.

Inexpensive mirrors can work as art, space expanders and convenient primping stations in a houseful of kids when everyone's getting ready at the same time.

THE ASSOCIATED PRESS

Take-home tip

Of books and baking

A full-size kitchen will be new for most college renters. It can either be a super-size, cereal-soda-and-ramen noodle depot or a place where fun, healthy meals come from. Buy items that are durable, microwavable and dishwasher-safe.

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NFL

Ryan lays down law at Jets practice

Rex Ryan ordered his players to cut out all the nonsense.

When the New York Jets ignored their coach, it was time to run. And run some more.

A day after a 20-player throwdown highlighted a chippy practice, Ryan made his players run a series of sprints Tuesday as punishment for a few minor scuffles on the field. THE ASSOCIATED PRESS

Rex Ryan GETTY IMAGES FILE

NFL

First female official 'a little nervous' and plenty excited

The NFL's first female official is welcoming her role as a sports pioneer.

Shannon Eastin says she's excited and a bit nervous but not at all intimidated by the challenge of working a pro game. Eastin makes her debut Thursday as the line judge when the Green Bay Packers play San Diego in the pre-season opener.

"I want to encourage women: Don't be afraid," Eastin said on a conference call Tuesday. "Pursue and have dreams. This is my dream. With very step I hope to show it really doesn't matter if you are male or female." THE ASSOCIATED PRESS

Golf

"Things have progressed, but still, not winning a major championship doesn't feel very good."

Tiger Woods, who will get his last chance to win a major in 2012 at this week's PGA championship.

What pressure? Raonic delights hometown crowd

Tennis. Canada's top-ranked player records first Rogers Cup win in straight sets

Milos Raonic is the last Canadian left in the Rogers Cup men's tournament.

Raonic disposed of Viktor Troicki of Serbia 6-3, 6-4 on Tuesday, while fellow countrymen Frank Dancevic and Vasek Pospisil lost their matches.

Raonic said he felt no unusual pressure playing before his hometown crowd in Toronto.

"Obviously it's a little bit different when you got on the court, but before the match I really didn't change anything the way I would normally," he said.

The 21-year-old from Thornhill, Ont., appeared completely at ease as he recorded the first Rogers Cup victory in his short, rapidly rising career.

His next opponent could be Olympic champion Andy Murray who plays in the tournament Wednesday. "I played him earlier this year," Raonic said. "I know if I play well, I'll have my opportunities."

Earlier in the day, Juan Monaco of Argentina defeated Pospisil of Vancouver 7-5, 6-4 and Mikhail Kukushkin of Kazakhstan defeated Dancevic of Niagara Falls, Ont., 6-3, 7-5.

Raonic's serve is his biggest weapon and he hammered seven aces in the match that took one hour eight minutes to play.

He would like to continue to improve other aspects of his game so that as his career evolves he will be known for more than a big serve.

"I hope so," he said. "That's definitely the plan. That's what I am going to need to do if I am going to achieve the things I want to achieve.

"But no matter what, my serve is going to be my best part and probably the first thing that comes out of people's mouths when they sort of come to describe me. Maybe at one point people will get sick of talking about it and I'll be doing something else well." THE CANADIAN PRESS

Quoted

" I sort of came out and was pretty fluid and relaxed throughout the match from the beginning to the end."

Milos Raonic said he didn't feel any pressure during his win on Tuesday

Canada's Milos Raonic plays a shot against Serbia's Viktor Troicki during the Rogers Cup in Toronto on Tuesday. CHRIS YOUNG/THE CANADIAN PRESS

In Montreal

Rest not an option for Azarenka

It's been a hectic time for Victoria Azarenka, but it has not kept the world's top-ranked women's tennis player away from the women's Rogers Cup.

Azarenka arrived in Montreal on Tuesday from the London Olympics, where she won bronze in singles and then gold in mixed doubles with Belarus compatriot Max Mirnyi.

"It's not easy to regroup mentally because you want to celebrate a bit, but you have no time," Azarenka said Tuesday. "But I'm happy to be here." THE CANADIAN PRESS

Victoria Azarenka in Montreal on Tuesday. GETTY IMAGES

Mobile sports

Punctures. Broken saddles. Shoe issues. The Olympics is not the place for a cyclist to have a mechanical malfunction. Some problems can't be anticipated. But for the rest, the Canadian track cycling team has veteran mechanic Sandy MacDonald. Scan the code for the story.

Longoria gives Rays boost vs. Blue Jays

Rays designated hitter Evan Longoria knocks in a run with a sacrifice fly against the Blue Jays on Tuesday in St. Petersburg, Fla. J. MERIC/GETTY IMAGES

James Shields threw eight strong innings, Evan Longoria drove in a run in his return from an injury, and the Tampa Bay Rays beat the Toronto Blue Jays 4-1 on Tuesday night.

Shields (10-7) allowed one run and two hits. The right-hander was coming off a three-hit shutout last Tuesday at Oakland.

Longoria rejoined the Rays after missing 85 games because of a partially torn left hamstring. He went 1-for-3 with a sacrifice fly as the designated hitter.

Fernando Rodney pitched the ninth for his 33rd save and completed the three-hitter. The closer set a team record for relievers — breaking the mark set by Joe Borowski (21) in 2005 — by extending his shutout streak to 22 consecutive innings.

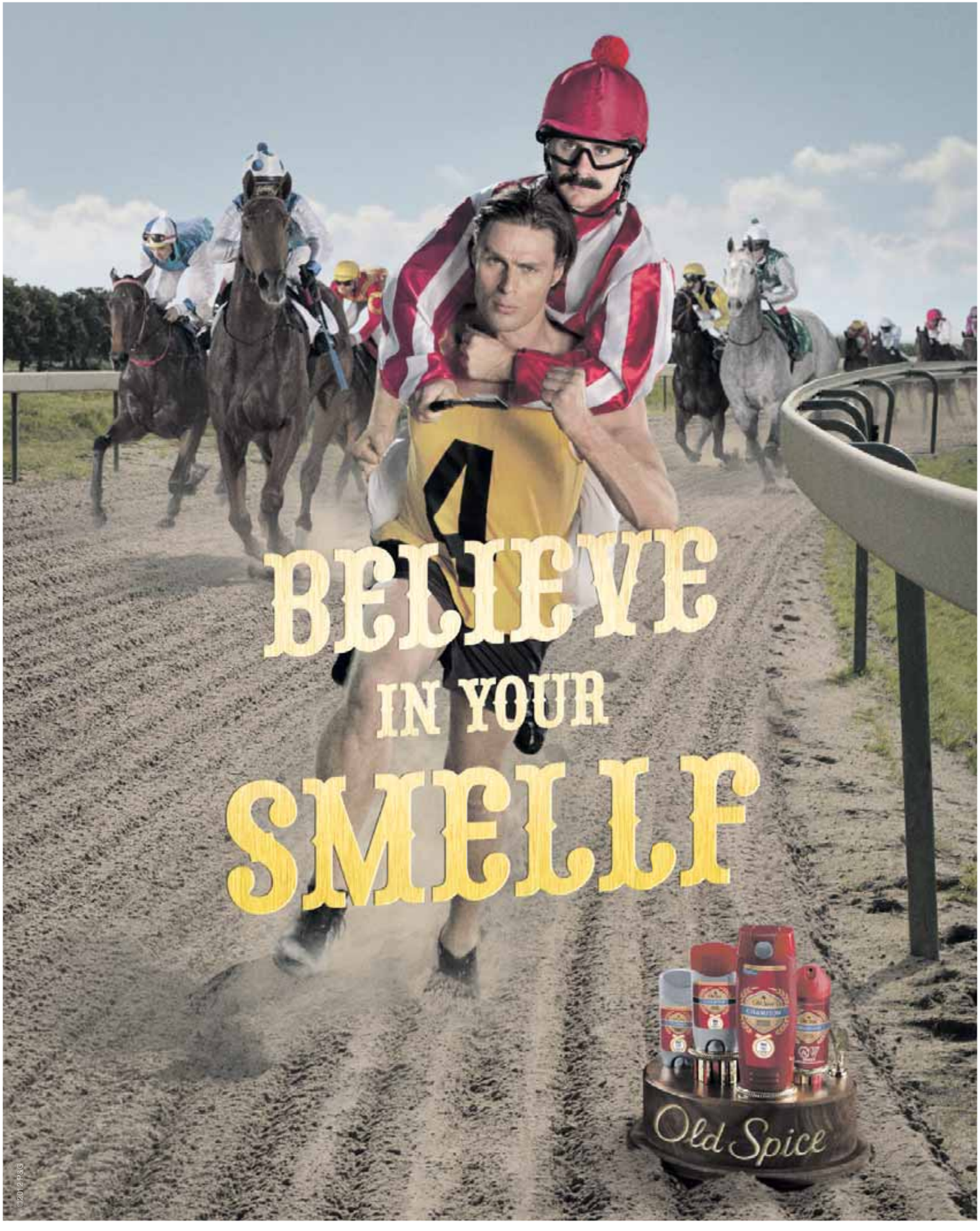
Tuesday's game

Rays	Blue Jays
4	1

Longoria got a standing ovation before his first at-bat in the second, when left-hander J.A. Happ (0-1) reached behind his legs to glove a grounder and then threw out the three-time all-star.

Colby Rasmus hit his 20th homer, a solo shot in the fourth, that got Toronto within 3-1. Rasmus, who had missed the previous two games because of tightness in his right groin, singled in the ninth.

Happ, making his first start with the Blue Jays, gave up four runs and seven hits in 4 1/3 innings. He had made four relief appearances since being acquired from Houston on July 20. THE ASSOCIATED PRESS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Finishing on a high note: Drouin overcame injury to win bronze

High jump. Three-time NCAA champion wins Canada's first medal in high jump since 1976

A year ago at this time, Derek Drouin was barely walking, let alone leaping.

The 22-year-old from Corunna, Ont., had suffered a lisfranc fracture, a gruesome foot injury that has ended the careers of countless athletes, and one that his doctor warned may keep him off Canada's Olympic team.

Certainly no one watching Tuesday night would have guessed that as he captured bronze in the men's high jump, Canada's first track-and-field medal at the London Olympics and its first in the event since Greg Joy's silver at the 1976 Montreal Games.

"That was the amazing thing," said his coach Joel Skinner, a high school teacher in Sarnia, Ont. "He struggled with it, got over it, was determined, came back from it. He has come back from this lisfranc fracture to win an Olympic medal and a lot of people need to know about that because it's just an amazing feat."

Drouin finished in a three-way tie with Britain's Robert Grabarz and Qatar's Mutaz Essa Barshim. All three cleared 2.29 metres without any misses then missed three attempts at 2.33 metres.

Ivan Ukhov of Russia won the gold with a jump of 2.38 metres while American Erik Kynard took silver with 2.33.

Mike Mason of Nanoose Bay was eighth with 2.29, narrowly missing on one of his attempts at 2.33 metres that would have put him in the medals.

Drouin suffered the injury in March 2011 when he planted his right takeoff foot an odd way. The mid-foot injury results when the metatarsal bones are displaced.

"My doctor made it very clear that if I was going to qualify (for London) it was going to be very, very tight. The rehab was extensive, it was very long," Drouin said.

It was a remarkable turn of events for an athlete so young competing on sport's biggest stage. The London Olympics represented Drouin's first national senior team appearance. The largest crowd he'd ever jumped in front of before the Olympics was at Penn Relays one year when Jamaican superstar Usain Bolt was racing.

But the young jumper wasn't overwhelmed competing before some 80,000 people Tuesday night.

"He's a rare one. He doesn't get rattled by too much, he has great focus, and thinks of everything as just another track meet," said Skinner.

For the better part of two hours, he made sure his eyes didn't stray up beyond the first couple of rows at Olympic stadium. Drouin looked at the high jump pit, and he looked up at his coach sitting a couple of rows up from track level, and not much else.

"I do a good job of getting out there and not noticing everything," he said. "I did not notice how big this stadium actually was until I was doing my victory lap."

THE CANADIAN PRESS

Derek Drouin wraps himself in the Canadian flag as he celebrates his bronze in the men's high jump finals Tuesday at Olympic Stadium in London. SEAN KILPATRICK/THE CANADIAN PRESS

Quoted

"Basically my goal was just to get through the season and get to the Olympics."

Derek Drouin, bronze-medal winner in the men's high jump, who had surgery to secure his foot with screws and then was sidelined for eight months.

On the track

- Drouin's success at the Olympic Stadium could not be matched by Phylicia George of Markham, Ont., and Calgary's Jessica Zelinka on the track.
- Both qualified for the final of the women's 100-metre hurdles, but George wound up sixth in 12.65 seconds, while Zelinka was seventh in 12.69 seconds.

Diving. Despatie 11th in fourth and final Olympics

Ilya Zakharov of Russia scored 104.50 points on his last dive to win the three-metre springboard at the London Olympics, spoiling China's bid to sweep all eight diving events.

Zakharov totalled 555.90 points in the six-round final Tuesday night. Qin Kai of China took the lead into the last round, but he settled for silver at 541.75.

He Chong, the defending champion and Qin's teammate, earned the bronze at 524.15.

Alexandre Despatie of Laval, Que., finished 11th in his final Olympics.

"My objective this year was to compete at my fourth Olympics," said the 27-year-old, who suffered a serious injury in training in June. "I had a lot of roadblocks on the way and I pushed myself to the limit to get there.

Alexandre Despatie performs in the men's three-metre diving final in London. THE CANADIAN PRESS

"It was the most taxing year of my life and just to be here was something special to me. I was lucky to be here in the first place." THE ASSOCIATED PRESS/THE CANADIAN PRESS

Synchronized swimming

Russians reprove dominance in duet

Natalia Ishchenko and Svetlana Romashina extended Russia's domination of synchronized swimming with an Olympic gold medal in duet on Tuesday.

The Russians improved on their free score from the prelims, finishing with a total of 197.100 points. They haven't lost an Olympic synchro event since the 1996 Atlanta Games.

The only real drama was for silver, which went to Spain's Ona Carbonell and Andrea Fuentes with 192.900 after a lively, Tango-themed routine that had the crowd at the Aquatics Centre clapping along nearly the whole way.

China's Huang Xuechen and Liu Ou finished third with 192.870.

THE ASSOCIATED PRESS

Wednesday's 3 to watch

1 Equestrian

Defending champion Eric Lamaze of Schomberg, Ont., pictured, and 10-time Olympian Ian Millar of Perth, Ont., will represent Canada in the individual jumping event.
Time: 6:55 a.m.
Channel: TSN

2 Women's beach volleyball

It's an all-American final.

Kerri Walsh Jennings and Misty May-Treanor will face April Ross and Jennifer Kessy, pictured, for the gold medal.
Time: 1 p.m.
Channel: TSN

3 Women's wrestling

Hazelton's Carol Huynh returns to the Olympic mat to try to defend her gold medal from the 2008 Beijing Games in the 48-kg weight class. Huynh is one of Canada's best chances for a medal on Wednesday.
Time: 5:20 a.m.
Channel: Sportsnet

Boxing

Clayton narrowly loses in quarters

Custio Clayton gave Canadian boxing a shot in the arm early in the Olympic men's welterweight tournament.

He came within a few punches of doing much more than that Tuesday night at ExCel South Arena 2.

With a semifinal appearance and a guaranteed medal on the line, Clayton fought European champion Freddie Evans to an even 14-14 score but the Brit won on a countback to advance.

The countback is used to break scoring ties. Officials count the number of punches thrown in the fight and the boxer with the higher total wins. The final punch statistics aren't normally released.

The Canadian team filed a protest later in the evening but it was rejected by the International Amateur Boxing Association, according to the team's media attache. The Canadian team said in the failed appeal that Evans should have been given a warning after receiving a third caution for the same foul.

A warning gives two additional points to the opponent. The venue's media manager said officials planned to review the video, but there was no immediate word on when a decision would be announced.

THE CANADIAN PRESS

Van Koeverden and Oldershaw feeling confident

Canoe- kayak. Canadian paddlers look to past experiences to prepare for Olympic pressure

Mark Oldershaw, left, speaks with Adam van Koeverden on the waters of Eton Dorney on Monday. STEVE RUSSELL/TORSTAR NEWS SERVICE

He's one of the faces of the Canadian team and on Wednesday he'll be going for gold at the London Olympics.

Kayaker Adam van Koeverden will be a favourite in the K-1 1,000 metres after looking very impressive in winning his heat and semi-final on Monday.

The reigning world champion from Oakville, Ont., hopes to put down one of the best efforts of his career.

"I've had a few other performances of my life," he said. "But it's new though, it's always new. I'm putting a lot of pressure on myself, which is good, I think.

"I just want to race fast."

Van Koeverden has won gold, silver and bronze over the last two Summer Games. He's just racing the 1,000 here since the 500-metre race has been replaced with a 200-metre sprint.

His good friend, canoeist Mark Oldershaw of Burlington, Ont., will line up in the C-1 1,000-metre final. Oldershaw said he's confident even though it's an impressive field.

"There's two Olympic champions there, I think two world champions, the current European champion and there's me," Oldershaw said. "I feel like I can beat them. I've beat them all at World Cup. I know I can beat them but I don't have that pressure that they all have."

Oldershaw also has a lot of family history behind him.

The Oldershaws are a canoeing dynasty in Canada, with three generations reaching Olympic finals.

In 1948, Bert Oldershaw was part of a flatwater canoe doubles team that finished fifth in a 10,000-metre final at the London Olympics — just miles from where his grandson Mark is competing on Wednesday. His sons — Dean, Reed and Scott — all competed at Summer Games across the 1970s and '80s.

"To do it back here in London, where my grandfather started the whole thing, is pretty special for me," Mark Oldershaw said. "It feels good to get the name back in the final again." THE CANADIAN PRESS/ THE ASSOCIATED PRESS

Quoted

"I'm just going out there, having a great time, seeing what I can do and hopefully beat all of them."

Canadian canoeist Mark Oldershaw

Day 11 results

MEDAL STANDINGS

200 of 302 total medal events

Nation	G	S	B	Tot
China	34	21	18	73
United States	30	19	21	70
Britain	22	13	13	48
Russia	10	18	20	48
Japan	2	13	14	29
France	8	9	11	28
Germany	6	14	7	27
Australia	4	12	9	25
South Korea	12	5	6	23
Italy	7	6	4	17
Netherlands	5	3	6	14
Canada	**1**	**3**	**7**	**11**
Hungary	4	2	3	9
New Zealand	3	1	5	9
Ukraine	3	0	6	9
Romania	2	5	2	9
Iran	4	3	1	8
Belarus	3	2	3	8
Denmark	2	4	2	8
Brazil	2	1	5	8
Poland	2	1	5	8
Kazakhstan	6	0	1	7
Cuba	3	3	1	7
Sweden	1	3	3	7
Spain	1	4	1	6
North Korea	4	0	1	5
Czech Republic	1	3	1	5
Kenya	1	2	2	5
Mexico	0	3	2	5
South Africa	3	1	0	4
Jamaica	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
Colombia	0	3	1	4
Slovakia	0	1	3	4
Croatia	2	1	0	3
Georgia	1	1	1	3
Armenia	0	1	2	3
Azerbaijan	0	1	2	3
Belgium	0	1	2	3
India	0	1	2	3
Dominican Republic	1	1	0	2
Switzerland	1	1	0	2
Lithuania	1	0	1	2
Egypt	0	2	0	2
Estonia	0	1	1	2
Indonesia	0	1	1	2
Mongolia	0	1	1	2
Norway	0	1	1	2
Serbia	0	1	1	2

WHAT CANADA DID

Tuesday at the 2012 London Olympics

ATHLETICS

Men's 200m — First Round Qualifying — Aaron Brown, Toronto, finished third in heat two qualified with a time of 20.55. Tremaine Harris, Markham, Ont., finished fifth in heat five and qualified with a time of 20.70. Jared Connaughton, New Haven, P.E.I., finished third in heat seven and qualified with a time of 20.72.

Men's 800m — Semifinals — Geoffrey Harris, Halifax, finished seventh in heat three and failed to qualify with a time of 1:46.14.

Men's High Jump — final — Derek Drouin, Corunna, Ont., won a bronze medal (2.29). Michael Mason, Nanoose Bay, B.C., finished eighth.

Women's 200m — Semifinals — Crystal Emmanuel, Toronto, finished seveth in heat three with a time of 23.28 and failed to qualify.

Women's 100 Hurdles — Semifinals — Nikkita Holder, Pickering, Ont.. finished sixth in heat one with a time of 12.93 and failed to qualify. Finals — Phylicia George, Markham, Ont., finished in sixth with a time of 12.65 and Jessica Zelinka, Calgary, finished in seventh with a time of 12.69.

Women's 5000m — First Round Qualifying — Sheila Reid, Canada, finished in 15th in heat two and failed to qualify with a time of 15:27.41.

Women's Javelin — Qualifying — Elizabeth Gleadle, Canada, (60.26), 197-8, finished sixth in group one and qualified.

BASKETBALL

Women's quarterfinal — Canada was defeated 91-48 in their quarterfinal game against the U.S. Kim Smith, Mission, B.C., scored 13 points, while Chelsea Aubry, Kitchener, Ont., added 10.

BOXING

Men's Welter (69kg) — Custio Clayton of Dartmouth, N.S., lost his quarter-final match to Freddie Evans of Great Britain. The result was 14-14, but Evans won on a countback.

CANOE/KAYAK

Women's Kayak Singles 500 — Semifinals — Emilie Fournel, Lachine, Que., finished sixth in heat one and failed to qualify with a time of 1:54.120.

CYCLING (TRACK)

Women's Omnium — Final Ranking — Tara Whitten, Edmonton, finished fourth with (7; 3; 8; 3; 6; 10) 37 points.

DIVING

Men's 3m Springboard — Alexandre Despatie, Laval, Que., finished in 11th with a combined score of 413.35. Francois Imbeau-Dulac, St-Lazare, Que., finished 13th in the semifinal with a combined score of 440.20 and failed to qualify for the final.

EQUESTRIAN

Individual Dressage — Ashley Holzer, Toronto, finished 24th place with a score of 71.

SAILING

Men's Windsurfer — Zac Plavsic, Vancouver, finished eighth (100).

Women's Windsurfer — Nikola Girke, West Vancouver, B.C., finished 10th (109).

Men's 470 — Mike Leigh, Vancouver, and Luke Ramsay, Vancouver, were 25th (179).

SYNCHRONIZED SWIMMING

Duet — Marie-Pier Boudreau Gagnon, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished in fourth with a two-day combined total of 189.20.

TRIATHLON

Men — Kyle Jones, Oakville, Ont., finished 25th with a time of 1:49:58. Brent McMahon, Victoria, finished in 27th with a time of 1:50:03 and Simon Whitfield, Victoria, did not finish the race.

SOCCER

MEN

SEMIFINALS
Tuesday, Aug. 7
At Wembley, England
Mexico 3, Japan 1
At Manchester, England
Brazil 3, South Korea 0
BRONZE MEDAL MATCH
Friday, Aug. 10
At Cardiff, Wales
Japan vs. South Korea, 2:45 p.m.
GOLD MEDAL MATCH
Saturday, Aug. 11
At Wembley, England
Mexico vs. Brazil, 10 a.m.

BASKETBALL

WOMEN

Tuesday, Aug. 7
Quarterfinals
Australia 75, China 60
United States 91, **Canada 48**
Russia 66, Turkey 63
France vs. Czech Republic
At North Greenwich Arena
Thursday, Aug. 9
Semifinals
Australia vs. United States, Noon
Russia vs. France-Czech Republic winner, 4 p.m.
Saturday, Aug. 11
Bronze medal, Noon
Gold medal, 4 p.m.

Herdman eager to turn team focus to match vs. France

Canada head coach John Herdman speaks during a news conference in London on Sunday. BEN CURTIS/THE ASSOCIATED PRESS

Canadian women's soccer coach John Herdman says his players have to pick themselves up following their crushing Olympic semifinal loss to the United States.

"These next days are going to be crucial," Herdman said on a conference call Tuesday. "We can just minimize distractions and be ready to get absolutely clear about achieving the task and making the country proud by seeing that flag rise."

But the distractions continued ahead of Thursday's bronze-medal game with France as FIFA announced it is investigating comments made after Monday's dramatic 4-3 lost to the Americans.

Canadian players, including captain Christine Sinclair, were critical of Norwegian referee Christiana Pedersen's decisions.

Sinclair, who scored all three of Canada's goals, said moments after the final whistle that "the ref decided the result before the game started."

A spokesman for the Canadian Soccer Association said the team will not comment on the investigation until FIFA makes a decision.

Herdman, meanwhile, is focusing on getting the team ready for France.

"I'm trying not to give it any power or attention at this point until it becomes something that affects the team, as in selections and tactical planning," said Herdman.

The coach added he does not plan to talk to Sinclair about her comments.

With Canada up 3-2 against the favoured Americans, Pedersen awarded an indirect free kick to the U.S. inside the 18-yard box after Canadian goalkeeper Erin McLeod was penalized for holding on to the ball too long.

The indirect kick resulted in Canada being called for a hand-ball infraction in the box, and U.S. star Abby Wambach scored to tie the game 3-3 with 10 minutes to go in regulation time.

Alex Morgan then won the game for the U.S. on a header in the last minute of extra time. THE CANADIAN PRESS

Redemption?

France beat Canada at the 2011 World Cup, and Canada's 0-3 record at the tournament led to Herdman's appointment as coach in place of the departed Carolina Morace.

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Meet Ford's new Prius fighter

ALL PHOTOS WHEELBASE

Spacious

The level of cargo space in the C-MAX is about equal to that of the Toyota Prius v, but offers nearly one-third more room than its chief rival with the rear seat folded flat.

As you would expect from its shape, the interior offers adult-sized head, knee and legroom.

2013 Ford C-MAX

- **Type.** Four-door, front-wheel-drive hatchback hybrid.
- **Engines (hp):** 2.0-litre DOHC four-cylinder and electric motor (188).
- **Mileage:** L/100 km (city/hwy) 4.2/4.6 (base, est.).
- **Base Price (incl. destination):** $27,500 (est.).

Dashboard

What will really impact buyers is the flight-deck-style dashboard and control panel that would look at home in the Starship Enterprise.

The gauge pod boasts a brake coach that helps drivers maximize the regenerative braking system to help keep the lithium-ion batteries topped up.

Powertrain

Driving efficiency is a certainty with the C-MAX and C-MAX Energi plug-in hybrid powertrains, both of which will be available in the 2013 Ford Fusion sedan.

The gasoline component is a 2.0-litre four-cylinder that produces 141 horsepower. It works in tandem with a 106-horsepower (estimated) electric motor.

Ford projects a net system output of 188 horsepower, which is 54 horsepower more than the competing Prius v.

Power is directed to the front wheels by a continuously variable transmission (CVT). Even with the extra power, Ford expects the C-Max to achieve a better fuel economy rating than the Prius v.

Review. A hybrid with economy, power, room and a good starting price? You bet

MALCOLM GUNN
Wheelbase Media

When you think "hybrid," images of green fields, fluffy white bunnies and the Toyota Prius likely dance around in your in head. The Prius has spent most of its life in a category of one, but a decade of success has also made it a sitting duck for companies such as Ford.

But is the new 2013 C-MAX wagon a real Prius fighter where it counts, in terms of fuel consumption? Yes, if you compare it to the least thrifty Prius v, that is. Put head-to-head against the Prius v, it has about the same interior room and quite a bit more power.

The C-MAX arrives this fall as Ford's first dedicated hybrid brand, although it's based on the automaker's compact Focus architecture and has the same distance between the front and rear wheels and overall length as that model. But the C-MAX is more than 10 centimetres wider and 15 centimetres taller, making it ideal for hauling people and their gear.

At an anticipated $27,500, including destination charges (which is slightly less than the Prius v's base starting price) the base C-MAX SE comes with dual-zone climate control, 17-inch alloy wheels and seven airbags. The SEL adds leather seats (heated in front), 10-way power driver's seat, rain-sensing wipers and satellite radio. On the option list is a hands-free back-up parking assist and a power liftgate that opens and closes by shaking your foot beneath the bumper.

Hybrids are becoming more opulent. Leather is on the menu.

There should be no shortage of converts to the C-MAX Hybrid's way of life, with its easy-on-the-eyes appearance, practical nature and easy-on-the-wallet fueling intervals.

On the Web

Kathy Ullyott has always loved cars. So when Bridgestone Americas invited her on a two-day learn-to-race course, she jumped on it. Scan this code or visit metronews.ca/drive

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Skip the sliding doors on your used Toyota Sienna minivan

Second Gear. 2004 to 2010 Toyota Sienna

JUSTIN PRITCHARD
drive@metronews.ca

515/PHOTO CREDIT

Toyota's Sienna minivan competed with the Honda Odyssey and Dodge Grand Caravan for the dollars of Canadian families with an eye for reliability and high resale value.

The last full generation of this machine launched for the 2004 model year and carried on until 2010. Feature content included motorized sliding doors, heated leather seating, a sunroof, automatic climate control and plenty more. Basic Sienna models were called CE, while LE and Limited models filled the model range.

Common Issues

Numerous Sienna owners have reported problems with the power sliding doors, so avoid a model equipped with them if possible. These typically don't last the life of the vehicle and will be expensive to repair if or when they fail.

Check the paint for signs of chipping, scratching or rust. Some owners say they expected a tougher finish from their Sienna's paint job. Check the dashboard for signs of cracking as well.

On earlier models with the 3.3-litre engine, be sure to check for signs of oil smoke at startup or after a drive. Check the engine's oil, noting its condition and level. Though rare, some owners have reported oil sludge problems. A model that's had regular, high-quality oil changes is your best defense.

Engine

Look for a 3.3- or 3.5-litre V6 engine with output rated between 215 and 266 horsepower, depending on the year. All Wheel Drive (AWD) was available.

What Owners Like

Space, performance, power output, versatility and quality were typically rated highly by Sienna owners. Ride quality, cargo space and even fuel mileage were also commented upon positively.

What Owners Dislike

A "plasticky" interior, easily-scratched paint, loud engine and plain looks were among the most common complaints of last-generation Sienna owners.

Verdict

A newer, lower-mileage unit without power sliding doors, and with full service records and a clean bill of health from your Toyota mechanic, will be your most worry-free bet in a used Sienna.

Fraudsters yet another reason to keep eyes on road

Insurance fraudsters are watching for opportunities to convert driver distraction into cash. NEWS CANADA

If hefty fines, possible demerit points and the fact you are three times more likely to be involved in a collision if you are texting aren't enough to make you think twice about driving distracted, perhaps this will.

Apparently police are not the only ones watching for you to take your attention away from the road. Insurance fraudsters are known to pounce at the opportunity to convert your lack of attention into their windfall by purposely causing a collision at the exact moment you are distracted.

Here's one example of how this crime is orchestrated: A vehicle loaded with numerous occupants pulls in front of a target vehicle. A passenger in the front vehicle watches behind for the target driver to be distracted. A diversion like answering a phone, texting or reaching back to return a child's toy can provide the opportune moment for the fraudster to slam on the brakes, leaving the target driver little time to react.

In some cases, a second vehicle — part of the fraud — pulls alongside the target vehicle, boxing it in, so there's no room to swerve and avoid rear-ending the lead vehicle when it suddenly stops.

In either scenario, the innocent driver rear-ends the fraudster's vehicle and could end up being seriously hurt. At the very least, the innocent driver will be handed a traffic ticket and deemed at fault, according to the common traffic rules.

Depending on the person's previous driving record, this could mean higher insurance rates when the policy is renewed. Meanwhile, the fraudster and his or her passengers — and there's usually three or four in the vehicle — all claim for unnecessary and expensive health treatments.

According to Ken Lindhardsen, vice-president of claims for Desjardins General Insurance Group, staged collisions are a large component of this type of fraud. Criminals can stage collisions in many different ways and a single event can result in tens and even hundreds of thousands of dollars in fraudulent claims.

"These activities not only put innocent people in jeopardy, but also result in increased costs to every driver with an insurance policy," says Lindhardsen.

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Shea Holbrook's got the need for speed

Autopilot

AUTO PILOT
Mike Goetz
drive@metronews.ca

Racecar driver Shea Holbrook didn't grow up in a household locked into any type of car culture orbit. And not until five years or so ago did she even pine for any of the pavement pursuits.

Until then, her prime passion was being dragged around a lake by a boat, an activity sometimes called "competitive water skiing."

So what happened? Why did she trade her skis for a helmet and a fire-retardant racing suit?

Why is there currently a race-prepped 2012 Honda Civic Si HFP with her name on it, and currently sitting in third place in her class (Touring Car) on the SCAA World Challenge Pro Racing circuit?

When she was 16, Holbrook and her father decided to take in the Richard Petty Experience, where NASCAR fans get behind the wheel of a race car for a day. After that she switched gears, so to speak.

"I'm a huge adrenaline junkie," says Holbrook, adding that car racing gives her what she needs, and is unlike anything else out there when it comes to adrenaline production.

"When I put my racing suit on, I have to calm myself down. It's all about the thrill."

We're chatting under a temporary tent at the Niagara Drive Centre, which is more or less the back runways of the Niagara International Airport.

Holbrook is here to take journalists out for a ride in her race-prepped Civic, as part of a press event for the new Civic Si HFP. The Florida native's race car is campaigned by Toronto-based Compass 360Racing.

It's easy to see why Honda Canada, SCCA racing, her team and her sponsors are eager for her to meet the media. She's a well-spoken, engaging ambassador for her racing partners, for racing in general, and for her gender.

Competitive race car driver Shea Holbrook is ranked third in her class. MIKE GOETZ/METRO

She knows she's getting attention for being a young female in a male-dominated sport, but she also completely understands that attention and/or gender won't make her car go any faster.

"The cool thing about car racing is that the car doesn't know the gender of the driver, or how tall or how short they are," she said.

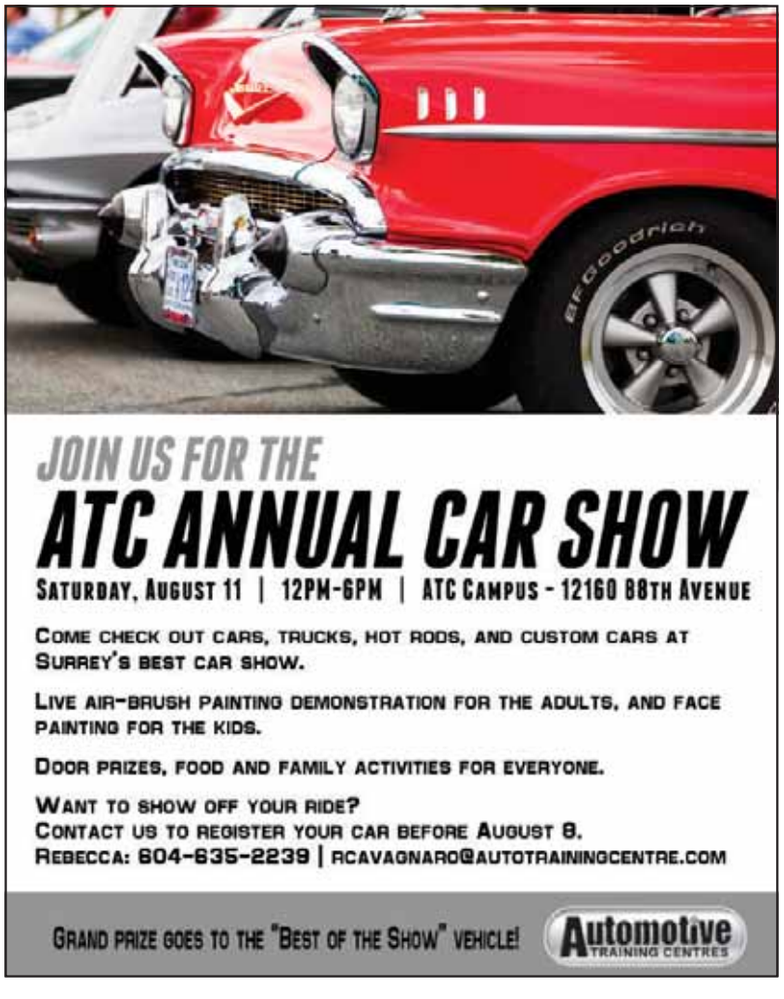
"It's one of the few sports where women and men can go head to head. It comes down to who is smarter, who is more talented, who has the experience, who is more determined, who is one with the race car."

And she's more than willing to pay her dues.

"I like the fight. A lot of people say (female drivers) have to overcome all these obstacles and struggles. I don't like it when people say they're in a struggle. If it's your passion you don't really look at it like a struggle. Everyone has obstacles to overcome, to get to where you want to be."

She says that success in motorsports is particularly hard to come by, so a little extra obstacle to overcome here and there along your career might actually be useful — to harden and sharpen the resolve.

For more on Shea's racing adventures check out shearacing.com.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Use word of mouth to find an auto repair shop and start with a small job. ISTOCK IMAGES

Don't get ripped off: Get to know your local repair shop

Driving force. Your best line of defense when something goes wrong

JILL MCINTOSH
drive@metronews.ca

Cars are more complex than they've ever been, especially when they need repair. That can be a concern, especially for older drivers who may worry about overcharging or unnecessary repairs.

Finding and sticking with a good shop is your best defense, says Pam Oakes, an auto technician and owner of Pam's Motor City Automotive in Fort Myers, Fla. "Use word of mouth," she says. "Ask your friends, ask your coworkers, ask your family where they go."

When you first visit a shop, especially if it hasn't been recommended by someone you know, start small. "Get your oil changed and see how they handle that," says Oakes.

"See if they give you a 'grocery list' of problems, and if they do, get a second opinion at another shop. When you're walking in the door, see if it's clean or not, and how the staff are behind the desk. Look at the customers, if they're agitated or fidgeting, or if they're just quietly enjoying a cup of coffee. They should look relaxed, not stressed."

The shop should be able to tell you why something needs to be done, and then should explain it to you. "We do 'show-and-tell' all the time," says Oakes. "If you need brakes, we'll show you what the brake pads look like and how it will affect the vehicle if you do the work or not." Once you've found a shop, you should further get to know the person who's working on your car, Oakes says.

What to do

- If your car makes a strange sound or does something odd, describe it to the shop. Don't try to diagnose the problem yourself.
- Beware of shops advertising very low prices. There may be extra fees or labour charges buried in the fine print.
- Ask to go on the road test with the technician so you can point out the sound or problem that you're experiencing.

So why do some shops find so many problems? Oakes says it's because some set quotas or pay their service writers commission for the work they bring in. It might also be an inexperienced technician's error.

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Less Fuel. More Power. Great Value is a comparison between the 2012 and the 2011 Chrysler Canada product lineups. 40 MPG or greater claim is based on 2012 EnerGuide highway fuel consumption estimates. Government of Canada test methods used. Your actual fuel consumption will vary based on driving habits and other factors. See your dealer for additional EnerGuide details. Wise customers read the fine print: • ° 1. – 5. The Hurry Up to Trade Up Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after July 4, 2012. Dealer order/trade may be necessary. Offers subject to change and may be extended without notice. See participating dealers for complete details and conditions. • $19,998 Purchase Price applies to 2012 Dodge Grand Caravan Canada Value Package 29E (-DJ9) only and includes $8,000 Consumer Cash Discount. Pricing includes freight ($1,500) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and charges. Dealer order/trade may be necessary. Dealer may sell for less. See participating dealers for complete details. *Consumer Cash Discounts are offered on select new 2012 vehicles and are manufacturer-to-dealer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your dealer for complete details. ‡4.99% purchase financing for up to 96 months available on the new 2012 Dodge Grand Caravan Ultimate Family Package models to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Auto Finance and Ally Credit Canada. Dealer order/trade may be necessary. Dealer may sell for less. See your dealer for complete details. Example: 2012 Dodge Grand Caravan Ultimate Family Package with a Purchase Price of $26,998 (including applicable Consumer Cash and Ultimate Family Bonus Cash Discounts) financed at 4.99% over 96 months with $0 down payment equals 208 bi-weekly payments of $158 with a cost of borrowing of $5,772 and a total obligation of $32,770. Pricing includes freight ($1,500) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and charges. Dealer order/trade may be necessary. Dealer may sell for less. °Ultimate Family Van Bonus Cash is available to retail customers on purchase/lease at participating dealers of a new 2012 Dodge Grand Caravan model (excluding Canada Value Package models) or any new 2012 Chrysler Town & Country model. The Bonus Cash amount ($1,250 for models equipped with a DVD player, $750 for all other models) will be deducted from the negotiated price after taxes. The includes no charge Uconnect Hands Free Group represents an additional $750 in value. Some conditions apply. See your dealer for complete details. §2012 Dodge Grand Caravan Crew shown. Price including applicable Consumer Cash Discount and $2,000 Ultimate Family Bonus Cash Discount: $27,385. Pricing includes freight ($1,500) and excludes licence, insurance, registration, any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealer may sell for less. ■Based on Ward's 2012 Small Van Segmentation. Excludes other Chrysler Group LLC designed and/or manufactured vehicles. ◦Based on 2012 EnerGuide Fuel Consumption Ratings. Government of Canada test methods used. Your actual fuel economy will vary based on driving habits and other factors. 2012 Dodge Grand Caravan – Hwy: 7.9 L/100 km (36 MPG) and City: 12.2 L/100 km (23 MPG). The Best Buy Seal is a registered trademark of Consumers Digest Communications LLC, used under licence. ™The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ™Jeep is a registered trademark of Chrysler Group LLC.

Speed-freaks, get ready to rev your engine

JUSTIN PRITCHARD
drive@metronews.ca

Twist the key in the 2013 Ford Shelby GT500's ignition, and it burbles startlingly to life after that extra second of cranking that says something angry is about to wake up.

It announces itself with a drawn-out snort accented by popping and crackling as spent fuel fills its big-bore exhaust and fist-sized tailpipes.

The sound invites enthusiasts to smile, laugh gutturally and mutter expletives under their breath. Some even throw their arms into the air and toss their heads back, staggering a moment, as if they'd just been blessed by the gods of horsepower, testosterone and tire-vaporizing awesomeness.

It's largely what you'd expect from the most powerful production V8 on the road. Ford's new 5.8-litre unit has an Eaton supercharger the size of a Civic's engine jammed between a set of cylinder heads as wide as Brock Lesnar.

Output levels smash any number of exotics costing three or four times as much. There's no more powerful production V8 on the road. It's 662 horsepower, if you're wondering.

Putting these to work is an experience unparalleled in its ability to put drivers into a world of fearsome, nearly-terrifying acceleration and noise.

Easing off of the sensitive, grabby clutch with just a few revs on the tachometer causes the GT500 to leap ahead as if its leash were being held too tightly. Even a slight reduction in clutch-pedal pressure transmits enough torque rearwards to scrub the tires.

Stand on the right-most pedal, and the nose lifts sharply as the rear-end squats and squirms about for traction. The acceleration squeezes the air from your lungs right away, and the rocket-booster levels of thrust could make your favourite church-going aunt drop an f-bomb before the supercharger even gets into its game.

All the while, the rumbling exhaust sounds flood and saturate the cabin thickly, overlapped by a sharp "zing" from the twin-screw blower as it comes into play about halfway to the 7,000 RPM redline.

There's no lag. No waiting for a turbo to kick in. No anticipation of a trick variable valve timing system to ramp up engine power. Hammer down, and the GT500 simply blasts toward the horizon, steadily and linearly, immediately sucking occupants into their seats. It's as if the gas pedal is attached to one end of a pulley system that connects the Shelby with the horizon ahead.

The Ford Shelby GT500. JUSTIN PRITCHARD/METRO

Ford's new 5.8-litre unit.
JUSTIN PRITCHARD/METRO

So, it's fast as all bloody hell. And much of the experience is wasted on roads with speed limits. You'll wish the 360 km/h speedometer and tachometer had demerit points and dollar signs, instead of velocities and revs.

But for speed-freaks and bragging-rights enthusiasts, it's a shock-and-awe display of American firepower not to be missed.

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The Elantra GT: Why hatchbacks rule, and small sedans drool

New generation.
Hatchback channels European sensibilities

MIKE GOETZ
drive@metronews.ca

Historically North Americans have looked down at the hatchback, with the notion that it's just a low-rent vehicle genre intended solely for downtrodden folk that can't get into a sedan.

Of course that's just stinkin thinkin. Hatchbacks are cool.

In many markets around the world, notably Europe, the hatchback is universally embraced as the best way to configure a smallish-car. Not surprisingly then, when Hyundai wanted to break into Europe big-time back in 2007, it did so with a hatchback — the clever and competent i30 hatchback conceived and engineered at the automaker's newly opened tech centre in Germany.

A version of that generation i30 made its way to North America as the station wagon known as Elantra Touring, selling alongside the fourth-generation Elantra sedan, which was, and is, built on a different and more North American-centric platform.

A new-generation i30 has just been introduced to Korea and Europe. This time around Hyundai decided to give us an i30-based hatchback instead of a station wagon.

Michael Ricciuto is Hyundai Canada's main product planner. At a recent event designed to show off the GT, he told us the vehicle is definitely Euro-centric. "What you see here is very much a design for the European market."

About the only major difference between European and Canadian versions is the rear suspension. The i30's multi-link rear suspension has been swapped for a more conventional torsion beam system. Ricciuto said this was done to keep the GT's cost and weight down, and provide the GT with a slightly more comfortable ride.

2013 Hyundai Elantra GT. MIKE GOETZ/METRO

The i30's sporty steering feel was retained by giving GT drivers a Driver Selectable Steering Mode (DSSM) system, which allows drivers to switch to comfort, normal or sport "steering input" modes. In the past Hyundai tailored the input for each region, but from now on, it's just going to give us this selectable system. I don't know anybody that wouldn't leave it on "sport," which adds to the GT's already great road manners. It's definitely a cut above the Elantra sedan and coupe in terms of road handling and fun.

The GT has the same powertrain as all Elantras, namely the 148-hp, 1.8-litre formatted to either a 6-speed manual or 6-speed automatic. So like its siblings, the GT offers a great balance between engine power and fuel efficiency. Our automatic test vehicle is rated at an excellent 7.3 L/100 km (city) and 5.0 L/100 km (highway).

Another class topper is interior and cargo space. In the rear, I found knee room to spare, and could comfortably slide my feet under the front seats. The rear seats also offer lots of thigh support.

The rear seatbacks fold forward flat, but only if you first flip the seat cushions forward. Do that and you open up more than 1,440 litres of available cargo space, which betters classmates like Mazda3, Ford Focus, Toyota Matrix and VW Golf. Only the Subura Impreza has more (1,485 litres).

So to recap: Enjoyable European handling sensibilities, stellar fuel efficiency, voluminous interior.

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Horoscopes

♈ Aries
March 21 - April 20
You must put a fight behind you and join forces with someone whose help you are going to need in the weeks to come. If you have to meet certain challenges alone, you might not succeed.

♉ Taurus
April 21 - May 21
You may think you can get away with anything, but that is not an excuse to do as you please at other people's expense. Think ahead to how your actions might affect your long-term reputation.

♊ Gemini
May 22 - June 21
The more of an effort you make now, the more opportunities will come your way in the near future. With Mercury, your ruler, moving in your favour again, now is the time to make plans. The bigger the plans, the better.

♋ Cancer
June 22 - July 23
Today's cosmic picture makes it easy for you to make new alliances. You may think you don't need other people but you do, more than you realize. Besides, there is a joy to working with others that solitary effort can't match.

♌ Leo
July 24 - Aug. 23
You seem to have gotten your mind stuck in a groove and are finding it hard to move on. What you most need now is a change of attitude. Look at your life from a wider perspective.

♍ Virgo
Aug. 24 - Sept. 23
Everyone is singing your praises at the moment but you don't seem to have much confidence in yourself. However, now that your ruling planet Mercury is moving direct again you will soon rediscover your self-belief.

♎ Libra
Sept. 24 - Oct. 23
You may not want to say what you have to say but you must say it anyway. Does that make sense? Okay, put it this way: if you don't speak truth to power you'll be the one who loses money. Got it?

♏ Scorpio
Oct. 24 - Nov. 22
An old idea will get you thinking along new and profitable lines over the next 24 hours. It may be an idea that has been used many times before but your twist on it could make you a million!

♐ Sagittarius
Nov. 23 - Dec. 21
Stop feeling sorry for yourself and start thinking about how you can make the best of the opportunities you've been given. They are all around you if you take the trouble to look. Life is full of possibilities.

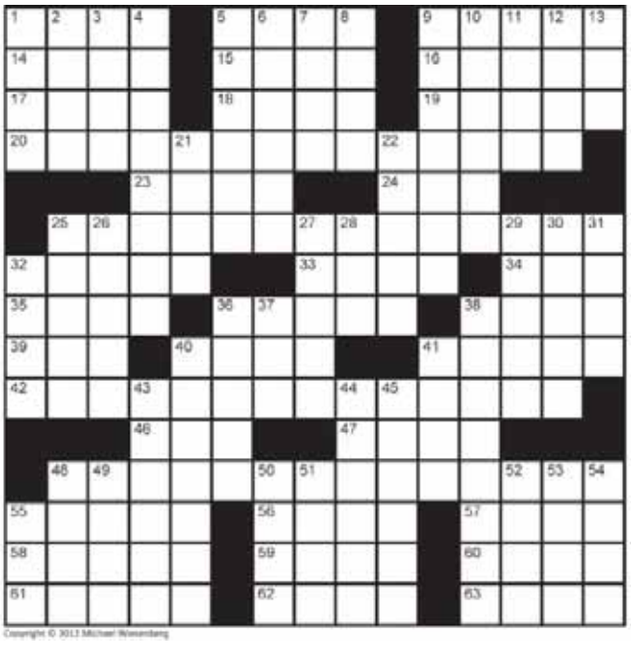
♑ Capricorn
Dec. 22 - Jan. 20
Make sure that you are the one who profits from your ideas. Mercury, planet of the mind, will give you plenty of insights but it is what you do with them that matters. Action is essential.

♒ Aquarius
Jan. 21 - Feb. 19
If you are having second thoughts about an agreement of some kind, you can probably get out of it today. There will be a price to be paid, of course, but it will be worth it. Reclaim your freedom.

♓ Pisces
Feb. 20 - March 20
The whole world seems to be singing your praises and it's quite right that you feel proud about what you have achieved. But don't lose sight of the fact that it's only a beginning. Everything is up for grabs. **SALLY BROMPTON**

Crossword: TV Star, Water, Royalty, and a PM

BY MICHAEL WIESENBERG



Across
1. ___ to riches
5. One of many on a computer desktop
9. Crop associated with Saskatchewan
14. "What are you, some kind of ___?" (2 wds)
15. Fashioned
16. Our world
17. Break suddenly
18. Great Lake
19. Actress Dickinson (*Police Woman, Rio Bravo, Ocean's 11, Dressed to Kill*)
20. BC-born *Baywatch* babe (2 wds)
23. Backpacker's shelter
24. Fib
25. Second-largest body of water in NT, and deepest in North America (3 wds)
32. Male swine
33. Wallet fillers
34. Confound
35. Murders
36. "___ all, folks!": cartoon signoff
38. ___ et Chandon champagne
39. Bumpkin
40. Born and ___
41. Grassy yards
42. Queen Victoria's fourth daughter, after whom three places were named, a lake, a village, and the province itself (2 wds)
46. Golfer Ernie called "The Big Easy"
47. Persia, now
48. 12th PM, 1948-1957 (3 wds)
55. 9:50, say (2 wds)
56. Cold-weather wear
57. Margarine
58. One ___ chance: odds are 9:1 against (2 wds)
59. Formerly
60. Got off
61. British Isles wastelands
62. ___ *of the D'Urbervilles*: 1891 Thomas Hardy novel upon which was based 1979 Roman Polanski film whose title was simply the girl's name
63. Broad lowland

Down
1. Frog-in-the-throat sound
2. Canadian-born actress Paquin
3. American territory in the Pacific
4. Vatican City basilica (2 wds)
5. "That's not what ___": "I may have misspoken" (2 wds)
6. Diamond weights
7. Thor's dad
8. Require
9. Becomes fatigued
10. —— and Gretel
11. Therefore
12. Has ___ ear: is tone-deaf (2 wds)
13. Kermit ___ Frog
21. Meadows
22. Santa's helpers
25. Really succeed (2 wds)
26. One-named Egyptian-born Canadian singer-songwriter of children's music
27. Cargo quantities
28. Picnic pest
29. Swears
30. Nancy Drew creator Carolyn
31. Many business phone nos.
32. Betty of old cartoons
36. Hair amount
37. "___ a real nowhere man": Beatles lyric (2 wds)
38. Much-traveled thoroughfare (2 wds)
40. Vancouver CFL team (2 wds)
41. Hawaiian feast
43. Grammar gender
44. Shrubs with lavender blooms
45. Speechifies
48. Late-night TV host Jay
49. "Hold ___ your hat!"
50. Stevenson or Burns
51. Vocal sound
52. Jazz singer Fitzgerald
53. Winnipeg-born Young called "Godfather of Grunge"
54. Lug
55. ___ Horton's

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7					2		1	
			3	9			4	
	6		1					7
	9	1		8				
4			5		6			8
				7		3	5	
3					4		2	
	8			3	9			
	7		2					6

Yesterday's Sudoku

6	8	5	7	3	4	2	9	1
7	1	2	5	9	6	8	4	3
3	4	9	8	1	2	5	7	6
5	6	3	4	2	8	9	1	7
8	2	1	6	7	9	3	5	4
4	9	7	3	5	1	6	8	2
2	5	6	9	4	7	1	3	8
9	7	8	1	6	3	4	2	5
1	3	4	2	8	5	7	6	9

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